A

TREATISE

ON

DIET,

Or the Management of

HUMAN LIFE;

By PHYSICIANS called the

SIX NON-NATURALS,

VIZ.

I. The AIR.
II. FOOD.
III. EXCRETIONS and RETENTIONS.
IV. MOTION and REST.
V. SLEEP and WATCHING.
VI. The AFFECTIONS of the MIND.

INTENDED

As an Inquiry into the CAUSES of DISEASES in general, and in particular of those most common in LONDON.

Addressed to the Inhabitants of this Metropolis.

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Of the Royal College of Physicians, LONDON.

Errat enim, sed neque errare erudito, qui naturam artis adminiculo ubique indigere existimat. SYDENHAM.

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BRITISH MUSEUM

TO THE

INHABITANTS

OF

LONDON.

SOME Writers dedicate their Productions to Princes, others to particular great Men; the Author of theſe Inquiries preſumes to publiſh them under Your Auſpices, flattering himſelf, that You will receive this, the firſt public Production of his

DEDICATION.

Pen, with that Impartiality and Candour, by which You have always diſtinguiſhed Yourſelves in Matters of the greateſt Importance.

YOUR Health is the Object of theſe Thoughts, an Object certainly well worth Your Attention: May the reading of this Book therefore have the ſalutary Effects wiſhed for and intended by

Your devoted humble Servant,

FRA. DE VALANGIN.

Fore-Street,
Dec. 10, 1767.

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ERRATA.

Page 72, line 7, *for* certain alkaline Substances, *read* certain Substances.

INTRODUCTION.

LIFE in Man is the Exiſtence of ſuch Actions, Functions, or Operations which belong to a human Body.

HEALTH is that State of the Body in which every Part performs its Duty for the Benefit and Preſervation of the Whole; for whenever the Functions of the Parts are impaired, or injured, the Body is then ſaid to be in a diſeaſed State, or SICK; and

whenever the Functions are entirely abolished and destroyed, the Body is in that State, which we express by the Word DEATH.

DEATH is the inevitable Consequence of Life and Health; for by the Actions which are inseparable from them, the human Body is gradually changed and wasted, the Offices of the smallest Vessels are destroyed, the Humours stagnate, thicken, and concrete with the Sides of the Vessels which contain them; whence the Body is deprived of its Humours and most subtil Juices, the digesting and concocting Powers are gradually weakened, the waste which the Body continually sustains, ceases to be repaired; and the grosser, and thicker Juices only continue to flow, but, slowly,

ſlowly, through the larger, hardened, and contracted Veſſels; Life is, in a manner, then, but barely ſupported alone, without the animal Actions; till at laſt, from thoſe gradual Changes, the certain Conſequences of Health itſelf, DEATH, from mere old Age, becomes inevitable, and cloſes the Scene of Life.

SICKNESS is not the abſolute Conſequence of Life; and although the human Body is in time deſtroyed by its own Actions, yet, ſuch is the make of that wonderfully complicated Machine, that it repairs itſelf at the ſame Time, and by the ſame Actions by which it is wore out; which Advantages all animal Bodies enjoy above all other Machines: and there are many Inſtances of Men who attained to a

very great Age, without any Diſeaſes, by a Method which few will imitate, namely, TEMPERANCE and SOBRIETY. It is therefore, in the Management of human Life, or Diet, that we find the Source of *Health*, and of *Sickneſs*.

THE firſt Inhabitants of the Earth, lived to a very advanced Age, free from Diſeaſes; which was chiefly owing to the Climate of that Part of the Earth which they firſt inhabited, the Eaſt; which the ancient Phyſicians, and *Hippocrates* himſelf, eſteemed to be the moſt Healthy, as alſo to their Simplicity and Frugality, and to their continual Exerciſe.

THOSE three things might very well preſerve them in Health; but they could not ſecure them from Accidents,

cidents, ſuch as Falls, Blows, Wounds, and ſuch like, which obliged Men in the very firſt Ages of the World to apply themſelves to SURGERY; for we read in the Books of *Moſes*, that there were Phyſicians, or rather Surgeons, ſettled in *Egypt*, and there alſo we find the firſt Account of the *Fees* of Phyſicians.

WHEN the World grew more populous, new Colonies were ſent to Places and Countries not inhabited before: Theſe Coloniſts, probably, retained their ancient Simplicity and Frugality, and continued to uſe conſtant Exerciſe; but they could not take with them the Climate of the Country which had given them Birth, and to which they were naturally uſed; this gave Riſe to internal and

hidden Diſeaſes, which they attempted to cure by Abſtinence, Reſt, Emetics, and Baths, the moſt ancient of all Remedies.

In proceſs of time Men deviated from their firſt Simplicity; ſome left the rural Life to aſſociate and live together in Towns, where the Neceſſity of providing for their daily Bread inſpired them with Invention and Ingenuity, the Source of all mechanic and liberal Arts; which, although of infinite Service to Mankind, are frequently found to intail many Diſeaſes upon their reſpective followers; and the ſame Means which keep ſome from ſtarving, and enable them to maintain their Families, are often the Source of many grievous Diſorders,

which

which hurry them to an untimely Death.

WORKMEN and Tradeſmen are often much injured by the Effluvias of thoſe Bodies, which are made uſe of in their reſpective Trades, and by the different Poſture or Attitudes required in the Performance of them. Men of Letters, and thoſe whoſe Buſineſs depends chiefly on the Mind, are diſordered by the ſedentary Life, and by the too intenſe Application of the Mind, which generally attends a ſtudious Profeſſion.

THUS the Introduction of Arts rendered MEDICINE, the nobleſt of all Sciences, abſolutely neceſſary: it alſo contributed greatly towards the civilizing of Mankind, and towards the

eſtabliſhing a mutual Intercourſe and Commerce between Nations; which are indeed the Source of Riches; but are alſo the Cauſes which have induced Men to prefer a voluptuous Luxury to a temperate Sobriety, and which incline them to continue in a manner of living that muſt in the End be deſtructive to their Health.

THERE are yet ſome remote Countries, where the Inhabitants retain all the Frugality and Simplicity of their primitive Anceſtors; but they are generally moſt remote from large trading Towns. In *England* there are but few remains of the Sobriety of the ancient *Britons*; for the nearer we draw towards the Metropolis, LONDON, the Center of Arts and Sciences, the Center of Trade and Commerce, the Cen-

ter of Plenty and Riches, and we may truly ſay alſo, the Center of Luxury and Voluptuouſneſs, the more we find this Subverſion of the Manners of our Anceſtors to take place. In former Days (not to mention the Time when) the Maids of Honour of our Queens, breakfaſted upon cold Roaſt Beef and good Ale), our Farmers in the Country taught their Sons to follow the Plough, and their Daughters to Spin, to milk the Cows, and to make Butter and Cheeſe, all healthful Exerciſes: But now their Education is very different, they are ſent to Boarding Schools, and from their tendereſt Years accuſtomed to the Sweets of a luxurious Life, the greateſt Enemy to Health.

THE Cuſtom and Manner of the preſent Age is ſuch, that no Medicine can be found, which will prevent thoſe Evils which Men continually draw upon themſelves by Intemperance. The remoteſt Parts of the Eaſt ſend us *Tea* and coſtly *Spices*; the diſtant Regions of the Weſt furniſh *Sugar*, and many other Dainties: We now ſend into all other Countries for new Liquors; *Beer*, the Wine of this happy Iſland, and the uſual Drink of its healthful ancient Inhabitants, is now deſpiſed; and by thoſe whoſe Palate it does not pleaſe ſo well as other Liquors, is often, without Reaſon, accuſed as the principal Cauſe of many chronic Diſeaſes; when, with greater Reaſon, ſuch Evils might be aſcribed to other Cauſes, than to the

the uſe of Malt Liquors. Phyſicians themſelves have been made Slaves to Cuſtom, and in their dietic Rules are often obliged to follow the Mode, and to ſubſtitute Wine and Water, to that innocent Liquor, Small Beer, which the incomparable Dr *Sydenham* never found to deſerve any Reproach; but ancient Malt Liquors, the wholeſome and native Liquors of this flouriſhing Iſland, like good old and plain *Engliſh* Faſhions, are condemned in the preſent Age, and Brandy and Water is now become the favourite Drink of thoſe who would be thought People of genteel Taſte.

THE Tables of our Anceſtors were ſpread with wholeſome Food, intended to ſatisfy their Hunger, which was their beſt Sauce; and their innocent

Liquors

Liquors were calculated to quench their Thirſt; but Men of the preſent Age ſtudy how to tickle their Palates with Variety, Profuſion, and pungent Sauces; and he that drinks moſt of intoxicating ſtrong Liquors, is eſteemed the beſt Companion.

ALTHOUGH Providence has given us an infinite variety of Things, which being taken by us, differently affect our Palates, and convey to the Mind Perceptions of different Taſtes, which are more or leſs grateful, and give different degrees of Pleaſure; yet the natural Appetite we have for thoſe Things that are pleaſant would carry us no farther than to the ſatisfying of our Wants, had not an unhappy Uſage introduced thoſe Exceſſes in eating and

and drinking, which originally Nature intended as neceſſary Pleaſures.

From that continual Exceſs in eating and drinking, by daily taking ſuch Food as is not fit to repair and nouriſh our Bodies, in quantities too large to be ſubdued by the digeſtive Powers, and to paſs through the different Outlets, we thus lay the Foundation of many Infirmities: Unleſs by conſtant Exerciſe and bodily Motion, and by allowing ſuch Intervals of Time that the incongruous and ſuperfluous Matter may be ſpent, before freſh is admitted, or that it may be ſeparated from the Blood by the ſecretory Veſſels, the Seeds of thoſe Infirmities are evacuated and the Craſis of the Blood preſerved.

THE beſt kind of Exerciſe for that purpoſe is active Exerciſe, and not paſſive; for there is a great difference between moving and being moved; but how can we recommend ſuch Exerciſe to thoſe whoſe Birth, Qualities and Fortunes, intitle them to indulge an unactive ſedentary Life; and when the preſent Faſhion has made it quite ungenteel to employ our Limbs for ſuch Uſes as they are adapted and were by Nature ordained? Beſides, it is too well known, how much the place of Merit in every Profeſſion is ſupplied by its Subſtitute, a genteel Equipage.

WHAT ſhall we ſay of thoſe Individuals who turn Night into Day! their Complexion ſufficiently tells the Abuſe of

of that pernicious Cuſtom. The Day is the proper time for Action; Night was intended for Reſt and Sleep; for then all Things are ſilent within, nothing is perceived from without, and both Body and Mind are thus greatly recruited.

THE Life of Man is divided into an active State, called *Waking*; and an unactive State, called *Sleep*; in the latter State there is, as it were, a Curtain drawn between Body and Mind; but in the firſt State, they are both exerciſed and employed; they are ſo connected together, that whatever affects the one, muſt neceſſarily affect the other. The Actions of the Mind fatigue us as much as bodily Exerciſe itſelf; and we ſee every Day, that when they are carried to Exceſs, they injure

injure Health much more than the Exerciſes of the Body. We muſt not, therefore, be ſurpriſed to find that many of the Diſeaſes in this Metropolis ariſe alſo from the Affections or Paſſions of the Mind, when we conſider the Manner of living of its Inhabitants.

THE Sum of what hath been ſaid here, is, that the various Diſeaſes and Infirmities of the Inhabitants of *London*, as well as of Mankind in general, are the Produce of ſome Exceſs or Abuſe in what by Phyſicians is called the Six *Non-naturals*; which means, DIET, or every Thing that concerns the Management of human Life; and comprehends, 1. The *Air*. 2. *Food*. 3. *Evacuations* and *Retentions*. 4. *Motion* and *Reſt*. 5. *Sleep* and

and *Watching*. 6. The *Affections* of the *Mind*.

It will therefore be proper, upon the Authority of many eminent Men who have contributed to this ſmall Treatiſe, and from our own Obſervations, to ſhew how they are capable of altering our Bodies divers ways; and to inquire, in particular, how they are regulated in *London*, that we may thus come at the true Cauſes of the Diſeaſes which are incident to its Inhabitants, and that we may be able to eſtabliſh ſuch dietic Rules, as will have the Power of preventing many Diſeaſes, and of removing ſome in their Beginning.

A

TREATISE

ON

DIET.

SECTION I. *Of the* AIR.

CHAP. I.

Of the HEAT *of the* AIR.

THE AIR is a very fine Fluid in which we live; we breathe it, and we ſwallow it. It inſinuates itſelf through the Pores of the Skin, and it is one of thoſe Things which has the greateſt Power to affect

our Bodies, and to alter them divers ways; according to the various Changes it undergoes, as to *Heat*, *Cold*, *Moiſture*, *Dryneſs*, and *Gravity*.

THE Effects of the *Heat* of the Air upon the human Frame, will be eaſily underſtood; if we conſider that the Air communicates its own Degree of Heat to thoſe Bodies it ſurrounds, or penetrates; that it rarifies them, relaxes the mutual Coheſion of their conſtituent Particles, and diſſipates their volatile Parts; that it brings on Fermentations; is the Cauſe of Putridities, and increaſes thoſe already begun.

WHEN our Bodies therefore are expoſed to the intenſe Heat of the ſurrounding Air, they are indeed made hot,

hot, but at the ſame Time their own natural Heat is diminiſhed, and even deſtroyed, by the ſubſtituted external and artificial Heat, as our *Eaſt-India* Sailors often experience when they paſs the Line.

THE Rarefaction which is the Conſequence of Heat occaſions an increaſed Bulk, proportionably greater in the fluid than in the ſolid Parts of our Bodies. Whence a Fulneſs of the Veſſels, whoſe Capacity is not increaſed in Proportion to the Bulk of the Humours which circulate through them.

FROM the leſſened Coheſion of the Parts of our Bodies by Heat, ariſes a Weakneſs of the ſolid Parts, and a flabby Texture of the Fleſh; the

Joints are rendered infirm and feeble; the thicker and groſſer Juices are made thin; thoſe that are ſluggiſh are rendered moveable; and their Circulation through the Veſſels becomes free and eaſy, and meets with leſs Reſiſtance.

It is obſervable that Heat renders the Powers of Life more ſprightly, but they are not ſo laſting; and more eaſily diſturbed in their Motion.

The Heat of the Air, by diſſipating the thinner, volatile, ſpirituous, and watery Parts of the Blood, thickens it, and lays a Foundation for atrabiliary and inflammatory Diſorders. It dries up the ſolid Parts of our Bodies, brings on Obſtructions in the Veſſels, and is often the Cauſe of bilious,

bilious, putrid, ardent, and malignant Fevers; and of various Diſorders injurious to the Nerves.

THE Contents of the Stomach and of the Bowels, by the Heat of the Air, are induced to a putreſcent State; and this occaſions, in thoſe firſt Paſſages, Belchings, Wind, Pains, and Spaſms, Anxieties, Vomitings, Over-purgings, and Bloody-fluxes.

IF any particular Part of the Body happens to be more expoſed and affected by Heat than the other Parts, it will draw to that Part a greater Quantity of Humours, which are often the Cauſe of Obſtructions, Pain, Redneſs, Eryſipelas, and Inflammations; which, from the Part affected, though

eſſentially the ſame Diſeaſe, are diſtinguiſhed by different Names: An Inflammation of the Brain being called *Phrenzy*; that of the Lungs, *Peripneumony*; that of the Membrane which lines the inſide of the Cheſt, *Pleuriſy*; and ſo on of others.

IT is moſt evident, from the above Conſiderations, that the Heat of the Air is both uſeful and hurtful. To Bodies that are old, ſluggiſh, cold and phlegmatic, to thoſe whoſe juices are poor and ſerous, it always proves of great Service; for it promotes the Circulation of their ſluggiſh Humours through the Veſſels, and renders their watery Juices of a better Conſiſtence.

OLD

OLD Mr *O*--- has acquired with Reputation a very genteel Fortune; the Buſineſs which he carried on required a Situation near ſome Water; his Houſe happened to be ſituated on the Side of the River, ſo as to front exactly the North: He lived thus in a perpetual Winter; this, with old Age, had brought on him a troubleſome Humoural Aſthma; he ſpent large Sums to have the beſt phyſical Advice, and in trying the moſt coſtly Medicines, for ſome Years, to no Purpoſe: But being at laſt prevailed upon to leave off his Buſineſs, and to remove into a warmer Situation; he lately purchaſed a convenient Houſe fronting the South, at the Foot of a pleaſant Hill, which ſhelters it from the North, where he enjoys now a

perpetual

perpetual Summer, with Health, Peace, and Plenty.

BUT to thoſe Conſtitutions that are full of good Blood; that are luſty, hot, bilious, and dry, to thoſe that live upon animal Food, and ſpirituous Liquors, the hot Air is very hurtful; and they ought never to remove from a cold to a hot Climate, without previous Evacuations; for the Heat of the Air increaſes their Fulneſs; it renders the Bile ſharp and acrimonious, and brings on the worſt of inflammatory Diſeaſes. Our young Adventurers, who boldly croſs the Seas in purſuit of Wealth and Honour, frequently fall a Sacrifice to the Heat of the more ſouthern Regions.

Tom H--- was the younger Son of induſtrious

induſtrious Parents: Health was painted in his Face. After being qualified for a mercantile Life, he was ſent to a wealthy Uncle ſettled in the *Weſt-Indies*. Before his Departure, he had been entertained by ſeveral of his Friends; the Quantity of his good Blood had been thus increaſed, by eating and drinking more than uſual; and he was in that State of perfect Health, or of Fulneſs, which is very liable, by the leaſt Error in Diet, to be changed into the moſt dangerous Diſeaſe. Soon after his Arrival, a fatal Fever deprived the Uncle of an intended Heir, and the World of a moſt promiſing Youth.

In *London* we have no great Reaſon to complain of the Heat of the Air, it is in general very moderate,

which

which is a happy Circumſtance attending a City ſo immenſely large, and which preſerves it from many peſtilential Diſeaſes; for we find that whenever the Summer happens to be very ſultry and hot, we are always afflicted with putrid, malignant, and contagious Fevers, which rage in Town more fiercely than in the Country; and might be partly prevented by a cooling and rather ſpare Diet, and gentle Evacuations; for when theſe Fevers have once invaded an unhappy Patient, they are generally attended with ſuch irregular Symptoms, and ſuch a Depreſſion of the Spirits, as will admit of hardly any Evacuations: Nor is the cool Regimen in thoſe Fevers of any Service, as it increaſes the Lowneſs of Spirits, and retards or even prevents a Criſis.

WHAT we have ſaid of the natural Heat of the Air, is applicable to artificial Heat; and although this Climate is ſo temperate as to ſecure us from thoſe Inconveniencies which are the Effect of exceſſive Heat, yet there are many Profeſſions and Trades in *London* which ſubject their reſpective Practiſers to a Degree of Heat very injurious to Health. Such are all thoſe who are expoſed to the Violence of the Fire, or to the extreme Heat of divers Stoves. Tradeſmen who are obliged to have their Eyes conſtantly fixed upon the Fire, become bleareyed, and are ſubject to Inflammations, and many other Diſorders of the Eyes; which are beſt prevented by frequent Applications of mild and moiſt Subſtances, ſuch as Milk or Cream, and Barley-Water, or a Slice

of

of raw Veal deprived of its fat tied on the Eyes every Night.

THERÆ are others who work in very hot Places, by which means their Blood is deprived and drained of its moſt ſubtil, thin, and watery Parts, and they are liable to atrabiliary and inflammatory Diſorders.

ALL Trades-People in general that work by Fire, and endure a great Heat, are troubled with a conſtant and almoſt unquenchable Thirſt, and with an obſtinate Coſtiveneſs. They ought not to drink cold Water, nor ſtrong ſpirituous Liquors, to quench their Thirſt; mild Beer, Barley-Water, or Milk and Water, will beſt agree with them; and they muſt keep their Bodies open with gentle Laxatives.

CHAP.

CHAP. II.

Of the COLD AIR.

THE cold Air has very different Effects from thoſe juſt mentioned; and in order to underſtand the Effects of exceſſive Cold, applied to our Bodies, it will be neceſſary to remember that Cold produces the following general Effects: It contracts Bodies into a leſs Bulk, affecting alſo Fluids more than Solids, ſo as even to congeal the Fluids, diminiſhing, or even intirely ſtopping their Motion. It has a greater Power upon Water than upon any other fluid Body. When Liquors that are not ſimple, congeal, or turn to Ice, their

Parts

Parts ſeparate, their Craſis is intirely changed, and they cannot by thawing be reſtored to their prior State. If vegetable and animal Subſtances are thawed by a ſudden Heat, their Texture is intirely and irreparably deſtroyed.

OUR Bodies, therefore, when expoſed to exceſſive Cold, will be affected in the following manner. All the ſolid Parts being contracted, made rigid and elaſtic, the Space within the Veſſels grows narrower, and the Reſiſtance of the Sides of the Veſſels againſt the contained circulating Humours, is increaſed; all the fluid Parts are drove into a more contracted Bulk, and rendered ſluggiſh, leſs moveable, and diſpoſed to Stagnation. The Proportion between the containing Veſ-

ſels

ſels and their contained Juices, is intirely changed. It is very obvious, that to thoſe Bodies who are already drained of their Juices, this increaſed Emptineſs, which is the Conſequence of exceſſive Cold, muſt be much more hurtful than to Bodies that are full of good Blood.

In robuſt People, who uſe much Exerciſe, the Attrition and mutual Action between the ſolid and fluid Parts, and the natural Heat, are increaſed in cold Weather; their Digeſtion is promoted, and the Neceſſity of repairing the Loſſes which the Body ſuſtains, is indicated by a ſharp and keen Appetite. Hence it comes, that healthy People eat generally more in Winter than in Summer; and bear Hunger better in warm Weather than in froſty Weather; for the Exceſs of

Cold cauſes ſuch an Emptineſs in the Veſſels, which, if not timely removed, brings on a Weakneſs, Fainting, and even Death itſelf.

A poor Labourer in the hard Froſt of the Year Seventeen hundred and ſixty three, being reduced by Poverty to faſt two Days only, lay with all the Symptoms of a dying Man in the Road to *Hoxton*; a Barber was trying to bleed him; but a Phyſician accidentally paſſing by, prevented the Loſs of any Blood; for the unfortunate Man had none to ſpare; and inſtead of emptying, wanted filling. He ordered him into a Houſe; where being gradually warmed, and recruited with Cordials and nouriſhing Food, he with much Difficulty recovered.

People who lead ſedentary Lives, are

are greatly injured by Cold; for their Veſſels being contracted, and the Circulation through them rendered languid, their Humours grow thick; their native Heat and Powers of Life are leſſened; their animal Functions are rendered ſluggiſh; and the Humours cannot be properly depurated, and carried off by the uſual Evacuations, which are now ſuppreſſed. This Suppreſſion cauſes an Accumulation of acrid, mucous, and watery Matter, which brings on the Scurvy, Diſorders of the Joints, and dropſical Affections. In the extreme Parts ariſe Itchings, Tumours, Chilblains, and Ulcers. If the Cold penetrates ſtill farther, the Blood coagulating in the Lungs, Reſpiration ceaſes; and from the congealing of the Brain proceeds an invincible Sleep, which puts an End to Life.

PEOPLE who have loſt their Way in ſnowy Weather, and have been taken up for dead, being gently rubbed all over with Snow, or cold wet Cloths, then wrapped up in Blankets, and gradually brought nearer and nearer to the Fire, as they began to give Signs of Feeling; after their Recovery, declared they were overpowered and lulled by the Cold into an invincible Sleep, which muſt have proved their Death, had they not been found in time, and ſaved by taking the above-mentioned Precautions, which are abſolutely neceſſary; for the too ſudden Admiſſion of Heat to any frozen Part, will occaſion an immediate Gangrene, and Mortification.

WE have ſeen that Warmth was beneficial to *old People*; and from the ſame Obſervations we may conclude

clude that Cold is their greateſt Enemy; for the Circulation of their Blood is already too languid, their Fibres extremely ſtiff, and their Humours ſluggiſh, watery, glutinous, and cold.

THE cold Air is very injurious to the Bones, Teeth, Nerves, the Brain, the ſpinal Marrow, Ulcers, and Wounds. The uſe of Perukes or Wigs is therefore very ſalutary and convenient in theſe northern Climates, particularly for old People, who ought to keep the Head very warm, and guard it from the Injuries of the cold Air.

OUR Winters in *London* are generally pretty mild, yet we have had of late Years very ſevere Froſts, which, on account of the Air's affecting by its Coldneſs equally every Paſſage through which it is admitted into the

Lungs, have been the Occaſion of various Rheums or Colds, attended with a Dizzineſs, a Stuffing in the Head, an Hoarſeneſs, Coughs, and an Accumulation of pituitous Matter in the Lungs, which obſtructing the free Paſſage of the Blood through them, has been the Cauſe of Inflammations, Suppurations, and ſudden Deaths. Many aſthmatic People, in particular, who before had frequently found Relief from palliative Medicines, were ſwept away by almoſt ſudden Suffocations. This very laſt Winter has produced by the ſevere Froſt, which reigned in the Beginning of this Year, 1767, divers Rheumatic and Gouty Pains, in Bodies that had never been afflicted with ſuch Affections before, and who did not deſcend from Parents ſubject to any ſuch Complaints.

THERE are ſeveral Trades which are carried on in the open Air, but they are generally ſuch as are at a ſtand in froſty Weather, and the Workmen are conſequently not ſo much expoſed to the Injury of the Weather. There is, however, a Set of People who, in all ſorts of Weather, are obliged to perform the Duty of their Station, even by Night; ſuch are Centinels, Poſtillions and Watchmen: The latter of which indure the greateſt Hardſhips; for they are frequently old decayed Men, who are obliged to accept or even to ſolicit thoſe Places, to help to ſupport their Families. If ſpirituous Liquors are of any Service, as undoubtedly they are upon many Occaſions, it muſt be to theſe Individuals, who, in the coldeſt

Seaſon, are with open wide Mouths declaring the Hour of the Night and the State of the Weather, till they are ſo hoarſe that ſome of them almoſt intirely loſe their Speech. But they ought to dilute thoſe Liquors; and what the common People call a Hot-Pot ſeems to be extremely well calculated for them.

CHAP. III.

Of the MOIST *and* DRY AIR.

THERE is no *Air* ſo bad as that which is *moiſt*, and we cannot well ſuppoſe it to exiſt abſtracted from Heat or Cold.

IT is a common Obſervation here, as well as every where elſe, that in rainy, hot Summers, we are generally afflicted with putrid, contagious, and we may ſay peſtilential Diſeaſes; for the *hot* and *moiſt Air* brings on Thirſt, Putridity, and a total Relaxation of the Solids: It opens the Pores, attracts the Humours into improper Veſſels, where, if they ſtagnate, they are ſpeedily diſpoſed to putrify; whence a Diſtention of the external Habit of the Body, thoſe enormous Sweats, and an intire ſinking of the vital Strength, which attend thoſe Diſeaſes that are the Conſequence of Rains falling immediately upon the hot Weather.

WHEN *moiſt Air* is joined with *Cold*, it generally feels many Degrees colder

colder than it really appears to be by the Thermometer, on account of the Laxity which it occaſions in the Pores, which are filled with the ſurrounding cold Vapours.

MOIST and cold Air checks the univerſal Circulation of the Humours, that of the Blood through the Lungs in particular; the natural Heat, and the Attrition of the Parts of the Body are leſſened by it; the Digeſtion is imperfect, and the Body not ſo well nouriſhed; the Lungs, like a Sink, are ſtuffed with watery and pituitous Humours, which bring on Coughs, Aſthmas, or Baſtard Peripneumonies, Fevers, Rheumatiſms, an univerſal bad Habit of Body, a Bluntneſs of the Senſes, and Infirmities of the nervous Syſtem. To all which Evils

weak

weak and lax Conſtitutions are more liable than others.

We have, unhappily, too much Reaſon to complain of the bad Effects of *moiſt* and *damp* Air in this Metropolis, which are not a little increaſed by the conſtant Waſhing and Wetting of the Inſides of Houſes, which is carried to an unpardonable Exceſs in moſt Northern Countries, and ſhamefully neglected in warmer Climates, where the Practice of it would be moſt uſeful.

The Evils which are the Conſequence of cold and moiſt Air, are prevented and removed by Exerciſe; without which the beſt Medicines will only prove occaſional Palliatives; thoſe who cannot uſe Exerciſe, muſt remove

remove into a freer and warmer Air; for it is very common to ſee People who in *London* are almoſt choaked, when they are removed into the Country, expectorate freely, and breathe with leſs Difficulty: and others, who are afflicted with Coughs and Colds in Winter, who are perfectly delivered from them by the Summer Heats.

THE *beſt Air* is that which is *dry*, either warm or cold, provided it is not ſo to Exceſs. It is the moſt friendly to Conſtitutions in general; it gives Vigour to both Body and Mind, and is ſeldom productive of any Diſeaſes, except the Exceſs of it ſhould dry up the Juices of the Body too much, and by depriving them of their moſt ſubtil Parts, bring on an atrabiliary and inflammatory Sizyneſs of the Blood.

CHAP.

CHAP. IV.

Of the WEIGHT *of the* AIR.

THE Difference of the *Air's Weight* at different Times, is known by the different Height to which the Mercury aſcends in the Barometer; this makes a very conſiderable Alteration in our Bodies, by the greater or leſs Preſſure thereof. Some People wonder that our Health is ſo much impaired by the Change of Weather; but they ought rather to wonder that we are not ſuddenly deſtroyed by it, as it is often here in this Iſland very ſudden, and our Bodies are ſometimes preſſed upon by near

one

one Ton and a half Weight more than at other Times.

WHILST the Preſſure of the Air upon our Bodies, within and without, is perfectly equable in every Point, it condenſes the Fluids and corroborates the Solids; their mutual Action and Attrition is increaſed, and the circulating Juices are braced up in their reſpective Veſſels. It is therefore very obvious, that under a proper and equal Weight of the Air the Circulation and Reſpiration are properly performed, the native Heat is preſerved, and the Body is healthy and thrives. But if the Moment of this Preſſure ſhould with greater force be directed to any ſingle Part of the Body, it may do much Miſchief, by compreſſing and ſtraining the Veſſels, and by forcing

forcing their contained Liquids into other Parts of the Body, where the Preſſure is leſs; which, if it ſhould happen to the Lungs, may occaſion a ſudden Suffocation; or if the Blood ſhould be driven in greater Quantity towards the Brain, it may produce an Apoplexy, and immediate Death.

If the Preſſure of the Air is too much leſſened, the Solids and the Veſſels are relaxed, they loſe their Tone, and the Humours are deprived of their elaſtic Denſity, which cauſes Tumours and Eruptions; the Circulation of the Blood grows languid, the Spirits are low, and the Strength exhauſted; the Action of the Lungs, in particular, is very much impaired; and we feel an Uneaſineſs, which we very improperly expreſs, by ſaying

that

that the Air is *heavy*; when, at the ſame Time, it is exactly the contrary. The Breathing grows laborious and deficient, and from the accumulated Blood in the Lungs ariſe Inflammations and Spitting of Blood.

IT is in vain to expect that Medicines will prevent or remove thoſe Complaints which are brought on by the ſudden Changes of Weather: The beſt way to guard againſt them, is to ſtrengthen our Bodies by proper Exerciſe, that we may be able to bear, and gradually uſe ourſelves to them; for we find from Obſervation, that thoſe great and ſudden Changes of the Air are intolerable to thoſe that are not uſed to them; moſt dangerous to weak and irritable Conſtitutions; and very troubleſome to

thoſe

thoſe that labour under any Diſorder of the Lungs.

MARIA and JANE are two amiable Siſters; *Maria* is fond of Reading, of Needle-work, and in general of every Thing that ſuits a ſedentary Life. She is weak, and her Nerves are very irritable; every Change of Weather affects her. She is perpetually obliged to have recourſe to Medicines, which, being good of their Kind, would undoubtedly have the deſired Effect in ſtrengthening her Conſtitution, were they properly aſſiſted by gentle and moderate Exerciſe; but Miſs *Maria* is always at Home, always in the Hands of her Phyſician and Apothecary, and always ailing.

Her Sister *Jane* is a very lively Girl, and of very good Sense. She seldom applies long to any one Thing. She walks out whenever the Weather will permit it; and the bad Weather has seldom any other Effect upon her, than to deprive her of her usual Exercise. She enjoys an excellent State of Health; and whenever she happens to have any Complaint, her Physician has the Satisfaction never to be disappointed in the Effects of his Medicines.

It appears, upon the Whole, that the Changes of the Air, as to *Heat*, *Cold*, *Moisture*, and *Gravity*, have the most amazing Influence upon our Bodies. We must not be surprized, therefore, to find that the Barometer is generally a certain Index of imminent Good or Evil to many ailing People, and particularly to asthmatic Patients;

Patients; and to ſee ſome, who by their Pains can certainly foretel any conſiderable Change of the Seaſon.

THE *Air* contracts, by long Stagnation in any cloſe Place, where it cannot be renewed, the moſt fatal Quality; inſtances of which we meet with every Day, by the opening of old Wells, or Caves under Ground, where we find, that the Air, from being the firſt Support of Life, has been rendered by Stagnation ſo putrid as to become a moſt ſubtil Poiſon.

IN Ships, in Goals, and generally in all Places where many People live cloſe together, the Air contracts an infectious Quality, which produces the worſt Kind of putrid Fevers, whoſe Malignancy is ſometimes ſuddenly fatal, or leaves behind a ſlow

and poiſonous Contagion, which never afterwards will yield to the Force of any Medicines; all which Evils are ſucceſsfully prevented by Ventilators.

If we conſider the innumerable Effluvias of divers Bodies, and Matters which the Air receives, particularly in this immenſe City, and which, variouſly intermixed, enter our Bodies by breathing, we ſhall find a new Source or Spring of a Variety of Changes wrought upon the human Frame.

It would be an endleſs Task to undertake to write a general Hiſtory of the Air, which could account for all thoſe ſtrange Phenomenas, ſo as to make it applicable to peculiar Conſtitutions, Places, and Times; for, in order to make it quite complete,

it

it ſhould be relative to the Influences of the Celeſtial Bodies, the Meteors, Climates, Seaſons of the Year, Mountains, ſtanding, ſtagnating and running Waters; Vegetables, Animals, Number of Men living together; their Manner of Living as to Eatables and Drinkables, Trades, Arts, Sciences, and Commerce. Every Phyſician ought carefully to apply to ſo uſeful a Study; and in particular, to make himſelf acquainted with the Conſtitution of the Air of the Places in which he practiſes; for, like the incomparable Dr *Sydenham*, who was a ſagacious and indefatigable Obſerver, we ſhould be able to foreſee future Diſeaſes, and to make uſe of proper Means to prevent them.

CHAP. V.

Of the WINDS.

THE *Winds* have a very conſiderable Share in varying the Influence of the Air upon our Bodies; for the Air, by the Force of the Wind, appears as if increaſed in Weight, a greater Quantity of it being applied to our Bodies in a given Time.

THE Winds renew the Air, and prevent it, as well as Water, from putrifying: They intermix variouſly the different Regions of the Air, by bringing different Particles, which fly off from divers Bodies, from Place to Place; and they may thus purge and purify, or ſometimes infect the Air.

IN

In ſhort, there is nothing in Nature which can ſo ſpeedily bring on an intire Change in that Fluid, as the Winds; as we ſee in the Plague, which is often tranſported in a few Days, from one Country into another. They may blow both Good and Evil to us: And it is impoſſible to ſtate which kind of Wind is generally and abſolutely wholeſome, or unwholeſome; as it can be but relatively ſo; and depends upon the Situation of Places. For the ſame Wind may, on account of the Diverſity of Places and Times, be healthful, or bad. And although in itſelf wholeſome, may, by blowing through Places that are infectious, carry the Contagion to Places not infected before.

If we ſuppoſe two Towns, ſituated

one at the Eaſt of an immenſe Tract of boggy Land, filled with putrid and ſtagnated Waters; the other at the Weſt of the ſame Bog. The Eaſterly Wind will be harmleſs to the firſt, and pernicious to the other Town. We have an infinite Number of Facts in Hiſtory which confirm the Truth of what is advanced here.

THE celebrated *Empedocles* of *Agrigentum* delivered *Sicily* from a dreadful Plague, which ravaged the Country, by finding out, that it was occaſioned by a South Wind blowing from a Cave in a Mountain; he ſtopped up the Cave, and the Plague ceaſed.

WE have ſtill more ſtriking and recent Facts of this kind amongſt us; the Inhabitants of many of the Towns in

in *Ireland* uſed to be infected by their extenſive Bogs, which poiſoned the Air; but the Gentlemen of that Kingdom have in Part corrected that Defect by draining many of them; by which means they have improved their Eſtates, purified the Air, and preſerved the Health of their Tenants.

The many Improvements made of late in *London*, by making various Openings, widening the Streets, and paving them in a ſmoother Manner, which will procure a freer Paſſage to the Air, and keep the Streets, which before were like Common-Sewers, dry and clean; will certainly have a very ſalutary Effect upon the Health of its Inhabitants; for the Air of *London* ſubjects thoſe that breathe it to many Complaints, and particularly to Diſorders of the Lungs and Conſumptions;

ons; thoſe that are born in purer Climates, after ſome Years Reſidence in *London*, are often cruelly afflicted by the Impurity of the Air. And if they remove to their own native, or to a purer Air, before the Diſeaſe is abſolutely incurable, they frequently recover, after they had in vain tried the moſt powerful Aſſiſtance that the Art of Phyſic could give them. The Situation of *London* is in itſelf extremely healthy; but it is the various Circumſtances attending the great Number of Men living together, their Manner of Living, their Trades, Arts, Sciences, and Commerce, which render the Air of it very impure.

A long Reſidence in any one particular Climate, will often make the Air of it ſo familiar and natural to the

the Conſtitution, that it becomes dangerous to return to one's native Air.

PEOPLE who have lived in the *Eaſt-Indies* many Years, when they return to *England*, find the Air of it intolerable: It affects them ſo much, that they are ſometimes obliged to go back to the *Eaſt-Indies*, in order to recover their Health: The Change of Air is of great Conſequence in many chronic Diſorders, and particularly of thoſe in the Lungs; although the dry Air is in general eſteemed the beſt, yet, if we conſider Air as a Medicine, we ſhall ſometimes recommend the oppoſite, which is the moiſt; ſometimes the hot; ſometimes the cold Air; according to the different Diſeaſes intended to be cured.

WHERE ſuch Air as is requiſite cannot be had naturally, it muſt be made ſo by Art. If in a Room fronting the South, in the upper Part of the Houſe, we burn aromatic Vegetables, or ſome agreeable Perfumes, the Air will be not only warmer, but alſo dry at the ſame Time. In a Room fronting the North, in the lower Part of the Houſe, if we ſpread about ſome cooling Vegetables, Water, and Vinegar, the Air may be made cool and moiſt.

CHAP. VI.

Of EFFLUVIAS.

NO one will deny, that the very Plants growing upon or near a peculiar Soil, will impregnate the Air with their Nature.

THE

THE Smell of particular Trades, though in Time the Senſe of it will be greatly abated, yet by degrees will bring on ſome Change in the Conſtitution, either for the better or worſe, according to the different Conſtitutions it works upon: Even agreeable Perfumes, by ſtaying too long in a Perfumer's Shop, or in a Place filled with ſweet Scents, are injurious to Health. The Men employed in the Warehouſes of the *Eaſt-India* Company cannot remain long in ſome of the Rooms without Danger, on account of the ſtrong and penetrating Smell of the Tea.

SOME Oilmen, Tallow-chandlers, Soap-boilers, and in general all thoſe Tradeſmen who work upon fat and oily Subſtances, are liable to be affected by a Difficulty of Reſpiration,

Head-

Head-aches, and a Sickneſs of the Stomach. In all theſe Caſes, the Lungs are the firſt Receptacle of the offenſive Effluvias, and conſequently the moſt affected and injured. Of all thoſe Trades there is none ſo offenſive as Tallow-chandlers Shops, and in particular the Places where they melt and boil Kettles full of Tallow; for they affect not only the Workmen, but even the Neighbourhood.

THE beſt preventive Medicine that will be of Service to thoſe Tradeſmen who may be liable to ſuch Affections, are gentle Emetics; which, by their Concuſſion, will remove the Obſtructions of the Lungs, and by evacuating the Contents of the Stomach will remove the Sickneſs.

THE Smell of Tallow is ſo offenſive

ſive to ſome whoſe Nerves are very irritable, and to Women in particular, that the Smoak or Snuff of a Tallow Candle will bring on Hyſteric Affections, and in pregnant Women ſometimes cauſe Abortion.

It may be a very prudent Precaution at the Time of contagious Diſeaſes amongſt the Cattle, to prevent the Selling of the Fat of thoſe dead Carcaſes to ſuch as are concerned in the Tallow Trade.

Amongſt the Cauſes of the Diſeaſes of the Army in Camps, the infected Air, which is filled with the hurtful Effluvias and Particles of the dead Bodies, both of Men and Beaſts, is one; and therefore thoſe Places where they skin the Carcaſes of dead Horſes, and kill thoſe that are ſuperannuated

and

and uſeleſs, cannot be too far off or too remote from Cities or Towns; a Precaution which has eſcaped the Vigilance of ſome of the Pariſhes in our Suburbs.

The Cuſtom of burying the Dead in Towns, and, which is worſe, in the very Churches, is certainly very bad, and may be attended with bad Conſequences to the Health of the People; notwithſtanding the Burning of Frankincenſe, Myrrh, or any other Perfumes. The beſt Preſervative is the Steam of boiling Vinegar with Spices, ſuch as Cloves and Cinnamon, infuſed in it: This is alſo very proper to be uſed in Houſes at the Time of contagious or peſtilential Diſeaſes.

THERE are many noxious Matters that paſs through the Hands of Workmen,

men, Tradeſmen, and People of various Profeſſions, which on account of the Particles which fly off from them are extremely hurtful to their Conſtitutions.

PHYSICAL People who attend Hoſpitals are expoſed to the Exhalations of ſick Bodies; Chymiſts and Druggiſts are frequently injured by the different Smells of the Drugs which they prepare.

DYERS, and all thoſe who are obliged to receive the hot Steams of various mixed Ingredients uſed in their Buſineſs, are frequently diſordered from that very Cauſe.

ALL thoſe who work upon Fire, beſides the Inconveniency of Heat already taken Notice of, on account of

the ſulphurous Particles which exhale from the different ſorts of Coals uſed by them, are ſeverely afflicted with Diſorders of the Lungs; every body knows that the Smoak of *London* is pernicious on that Account.

SOME People draw in with their Breath various Effluvias in the form of Duſt; ſuch are Tobacconiſts, Plaiſterers, Limemakers, Starchmakers, Maſons, Bricklayers, and in general all thoſe who are concerned in duſty Trades: Snuffmakers belong to this Claſs; and we may alſo without any Impropriety here take Notice of Snuff-takers. The Practice of taking Snuff continually, and in large Quantity, has very few ſalutary Effects, and many Inconveniencies; it hurts the Lungs and the Stomach, deſtroys the natural Appetite, and brings on many other

other Diſorders. Yet, to Strangers not uſed to it, a Pinch occaſionally may prove a very ſafe, and pleaſant Sternutatory. The uſe of Smoaking and chewing Tobacco may prove of Service in the Tooth-ach and Stuffing of the Head. In general, it cloys the Appetite, becauſe it ſtupifies the Nerves of the Stomach, and Hunger is not felt. It will agree beſt with cold, pituitous Conſtitutions; but it will hurt thoſe that are hot, bilious, and lean.

THERE are others who receive injurious Impreſſions through the Pores of the Skin; Waſher-Women, Brick-makers, and all thoſe that work in the moiſt Air, which, like a conſtant cold Vapour-Bath, bedews their Bodies, ſuffer many Diſorders by being confined to moiſt Places, and are ſub-

ject to Suppreſſions of the natural and uſual Evacuations. We have Inſtances of Midwives being infected by laying Women afflicted with the Venereal Diſeaſe.

The worſt Diſorders, are thoſe which are occaſioned by the metallic and mineral Particles raiſed in the Air which divers Trades-People are obliged to breathe. *Gilders*, all thoſe who uſe Quickſilver in their Trade, and who cannot avoid receiving the Steams and Fumes of Mercury at the Mouth, are miſerably afflicted with nervous Complaints, and their lingering Life becomes often worſe than Death itſelf. There are a Species of Girdles, which many People imprudently wear to cure the Itch, and which generally entail upon them Diſeaſes of much worſe Conſequence than that Diſorder which they

they intended to cure. It is, beſides, never ſo well and ſo ſafely effected with Mercurials, as it is with the Ointment of Sulphur.

LEAD brings paralytic and ſpaſmodic Complaints upon Houſe-Painters, and many others, who are concerned with that Metal: And the Uſe of Leaden Veſſels to contain Eatables and Drinkables is upon that Account very dangerous, as it will cauſe the moſt dreadful, and ſometimes fatal Diſeaſes; ſuch as the dry Belly-ach or convulſive Colic, a Train of nervous Complaints, Impotence in Men, and Sterility in Women.

COPPER-SMITHS, Tin-men, and thoſe whoſe Buſineſs it is to work upon thoſe Metals, are troubled with a dry convulſive Cough, which tears

the Texture of their Lungs, and throws them into Conſumptions.

COLOURS and ſeveral Paints are made of various Minerals; it is very common for thoſe that are much concerned with them to loſe the Senſe of Smelling. Painters, particularly thoſe who paint in Water-Colours, ought to break themſelves of a very common Cuſtom they contract, of putting their Pencil into their Mouth.

WHAT ſhall we ſay of the Mode of Painting the Face, and uſing divers Lotions, which ſeems of late to have crept too much into *England*. If Ladies ſhould chance to read this Book, perhaps their own good Senſe will direct them to reject ſo dangerous a Practice. In the *Gazetteer* of the 14th of *March*, 1767, there was the following

lowing Piece of News. "A beautiful "Lady, lately deceaſed, it is ſaid, fell "a Victim to an exceſſive Uſe of "Waſhes, which contained ſome very "dangerous Ingredients."

It is impoſſible to propoſe any preventive Medicine that will abſolutely ſecure thoſe divers Trades-People from the pernicious Effects of the Effluvias we have here taken Notice of. Some of them might, indeed, uſe glaſs Vizards; but others, whoſe Work-Shop and whole Houſe is filled with the infected Air, cannot avoid its Effects but by leaving off their Buſineſs. And when they are thus miſerably tormented, the beſt Evacuations they can uſe are Vomiting and Purging; after theſe, they ought to conſult with thoſe who are acquainted with the Nature and Power of mi-

neral, animal, and vegetable Subſtances; in the Claſſes of which they will find Medicines that will deſtroy the Power of thoſe Effluvias admitted into the Body. Sulphur, for Example, blunts the Action of Mercury and Antimony; certain alkaline Subſtances called Alkalies abſorb Acids; and by the ſame Rule, thoſe called Acids neutralize Alkalies.

PERHAPS, ſome might expect to have here divers Preſcriptions inſerted, but if they will remember that the wholeſomneſs and unwholeſomneſs of Food, as we ſhall ſee hereafter, cannot be aſcertained ſo as to give a general Rule for every Conſtitution; how can they expect to find out Medicines that will agree with every Habit alike, when their Action is ſo much more powerful than that of ſimple Food? THERE

THERE are in this Town three reſpectable Bodies of Men; namely, Phyſicians, Surgeons, and Apothecaries; whoſe Members, before they are admitted, give authentic Proofs of their Learning, Skill, and Abilities, in their reſpective Branches; it is to them that you ſhould apply, and not to vain Pretenders, Empyrics, Quacks and Mountebanks, who deceive the Ignorant in a moſt cruel Manner. Some of their Medicines may be good; but the Application of them requires more Judgment than the generality of them are poſſeſſed of; beſides, we find every Day, that when thoſe pretended Noſtrums are divulged and made public, they are found to be very often the ſame Medicines that are diſpenſed every Day by regular Practitioners.

THE Highwayman in emptying your Pocket puts you only in fear of your Life; but thoſe pernicious Mountebanks in public Streets, Places, and Squares, which are the King's Highway, pick the Pockets, deſtroy the Health, and take away the Lives of many of the King's Subjects. Yet the Highwayman, who is leſs guilty, is drove in a Cart to the Gallows; and the Mountebank rides with Impunity through the Streets of *London* in his gilded Equipage, the ſubſtitute of Learning and of Abilities. If the Friends of thoſe who have been deſtroyed by Mountebanks, were ſo juſt to the Public as to advertiſe the Miſchief done by the Miſapplication of quack Medicines, we ſhould ſoon ſee the Number of thoſe injured Perſons ſwell to ten times the Number of thoſe who have been relieved by them.

We ſhall here conclude the Hiſtory of that wonderful Fluid the Air; without which no Animal can live, even a few Moments, as it is proved by Experiments: And in which, though it is the Source of many Diſeaſes, Men every where live and enjoy Health, even in the worſt of Climates, where we find Examples of Men arriving to a very great Age, without having ever had one Fit of Illneſs. The very Inconſtancy and Variation of the Air itſelf, often proving to them a perfect Remedy.

SECTION II.

Of FOOD *in General.*

CHAP. I.

Of the QUANTITY *of* FOOD.

NO Animal can live without Air, and none can live upon Air alone; the conſtant Decay and Waſte of the Solids and Fluids of our Bodies muſt be recruited; and therefore, after the Air, the next neceſſary Thing for our Preſervation is FOOD; by which we mean, every thing that is proper to repair that continual Waſte.

ANIMALS generally live upon one particular kind of Food, except a few, and eſpecially Man. We find from Obſervation

Obſervation that the human Race will admit the moſt ſurpriſing Variety in Food. Some Conſtitutions are ſo ſtrong, that no Exceſs can hurt them; others are obliged to live intirely by Art. Some enjoy a very good State of Health by obſerving the ſtricteſt Uniformity in their Food; while others fall every Day into the oppoſite Extreme, and in their very Errors find the Inſtruments of their Health. Every one knows the Hiſtory of the two very old Men who were brought upon a Trial to be material Witneſſes in a Cauſe. They were remarkably vigorous in Body and Mind, conſidering their very great Age. The Judge had the Curioſity to ask them ſeparately how they had lived to preſerve their Health to ſuch an Age; but, to his great Surpriſe, he found by their Anſwers that they had lived

in

in oppoſite Extremes; for one of them had obſerved a moſt remarkable Temperance and Sobriety in Diet, and the other had given into all the Errors of an irregular one. However, as thoſe Inſtances are relative to only a few, they ought not to prevent our Inquiries into the general Changes made in our Bodies by the different Manners of Feeding. We ſhall therefore conſider Food with reſpect to its *Quantity*, *Quality*, and the *Times* of taking it.

If we take too large a *Quantity* of Food it will occaſion a troubleſome and injurious Fulneſs of all the Humours of the Body, the Quantity being too large to be ſubdued by the digeſtive Powers, the Coction and Digeſtion will be diſturbed; this will breed Crudities, and Corruptions, which

which will produce a bad Chyle, Diſorders innumerable, divers kinds of bad Habits of Body, and a vitiated Nutrition.

GREAT Eaters will ſometimes eat ſuch a Quantity as to diſtend their Stomach exceſſively; this will cauſe a great Uneaſineſs, and, by preſſing againſt the Diaphragm, which is that Membrane that ſeparates the Cavity of the Cheſt from that of the Belly, and lies above the Stomach, by confining the deſcending Trunk of the great Artery which furniſhes Blood to all the lower Parts of the Body, and lies behind the Stomach; and by preſſing alſo upon the aſcending Trunk of the Cava or great Vein, which returns the Blood from the lower Parts; it will bring on a laborious Reſpiration, a Difficulty of Breathing, an Anxiety,

Anxiety, and by forcing a greater Quantity of Blood than ordinary into the Head, the Head-ach, a Giddineſs, Sleepineſs, and ſometimes a ſudden Apoplexy. In the Stomach itſelf it cauſes a Sickneſs, the Heartburn, and Reachings, which point out the ſpeedieſt Way to relieve Nature of that oppreſſing Load.

GEORGE B---r, an Undertaker, of an eminent Borough Town, ſent his Daughter POLLY to *London*, to have the Advantage of living with an old Aunt, who gives her the beſt Education, and intends to leave her all her Fortune. *George* is an honeſt Man, who cuts his Coat according to his Cloth; he ſent with *Polly* a Change of Linen and of Stuff Gowns; but ſince that time a Vacancy happening in that Borough, and the Candidates

ſpending

ſpending very large Sums in giving Feaſts, *George* finds his Profits conſiderably increaſed, and *Polly* has appeared three ſucceſſive *Sundays* in new Silk Gowns.

We are taught by Obſervation, that the Fulneſs or Repletion which is brought on by the Exceſs committed in taking ſolid Food, is for the moſt part more hurtful, than when it ariſes from liquid Food.

But if the Quantity of Food is not ſufficient to repair the conſtant Waſte of the Body, it will neceſſarily occaſion a Languor in all the Functions; the Quantity of the Humours in general will be leſſened; the Fat will be conſumed, and the Body ſubſiſting partly upon its own Fat, will be-

come emaciated and chilled. The Stomach and the Bowels being empty, will contract; ſo that afterwards if there ſhould be a little more than uſual taken into the Stomach, it will cauſe a Pain, Reachings and Vomitings; and by Cuſtom, that ſmall Quantity which is but barely ſufficient to ſupport Life, becomes an intolerable Load upon the Stomach.

A young Lady who was inclined to be fat, was adviſed to make uſe of Vinegar, to reduce her Fat; ſhe lived accordingly upon pickled Mangoes and other Pickles, which in a ſhort Time brought on a Train of Hyſteric Diſorders; theſe ſhe increaſed much by too ſpare a Diet; for though ſhe had left off the Pickles, yet ſhe lived only upon Tea, with the ſmalleſt

Quantity of Bread and Butter, till ſhe had brought herſelf almoſt to Death's Door; but being at laſt prevailed upon by her Phyſician to take more nouriſhing Food, to increaſe the Quantity daily, without too much diſtending her contracted Stomach at firſt, and to drink a little generous Wine; ſhe ſoon recovered a perfect State of Health.

WHEN this ſpare Diet is carried ſtill farther, to an abſolute Faſt, and this Faſt is long continued, it will induce thoſe Juices which are deſtined to aſſiſt Digeſtion, the Saliva in the Mouth, the gaſtric Juice in the Stomach, the Bile and the Juice of the Sweet-bread in the Inteſtine next to the Stomach, to turn ſharp and acrid, from the Want of a freſh Supply to dilute them; whence ariſe a ſtinking

Breath, a voracious Appetite, Belchings, Reachings, a Vomiting of an acrid, bilious, and putrid Matter, with Faintings; and at laſt, the Appetite for ſolid Food being totally deſtroyed, is ſucceeded by an unquenchable Thirſt, and a very great Weakneſs. The Blood is no longer ſupplied by freſh Chyle, and yet the Actions of Life ſtill continue for ſome Time, till the Solids are ſo much impaired, that the Veſſels loſe their Tone, and the vital Strength is quite ſpent. The Æquilibrium of the Body being thus deſtroyed, the Pulſe grows weak; the native Heat decreaſes; the Humours contract the higheſt Degree of Acrimony, they grow volatile, putrid, rancid and peſtiferous, which cauſes Spaſms, Convulſions, Madneſs, a violent Fever, and Death. All theſe Symptoms

Symptoms are the more violent, if there is an abſolute Abſtinence from Drink as well as from ſolid Food; for the Defect of Eating is greatly alleviated by Drink.

Upon the Trial of the late *Williamſon*, who was executed in *Moorfields* for confining and ſtarving his Wife to Death, it appeared that the unfortunate Woman was quite like a mad Perſon the Day before ſhe died; and that during her Confinement ſhe was troubled with a great Thirſt, and many of the Symptoms above taken notice of, as the Conſequence of too ſpare a Diet, and of an abſolute Faſt.

It appears then from the foregoing Obſervations, that the Conſequence of a ſlender Diet is more fatal than

of one that is more plentiful; which is agreeable to the Opinion of Phyſicians in general; for it is very eaſy to remove by Evacuations the troubleſome Fulneſs which is cauſed by Over-eating; but it is the moſt difficult Thing to reſtore to Health thoſe who have ſuſtained a long Abſtinence; for abſolute Faſt will corrupt the Humours ſo as even to occaſion the Plague, which is often the Conſequence of a Famine.

OLD People, in whom the Actions and Functions of the Body are carried on with leſs Vigour, bear Hunger very eaſily; next to them thoſe that are of a middle Age: Young People bear it with Difficulty, and growing Children not at all. Thoſe who uſe Exerciſe moſt, ſhould eat and drink plentifully;

tifully; for we obſerve, that ſome Animals, that ſleep all the Winter, live without Food. The Healthful and Strong require more Food than the Sickly and Weak; therefore a ſlender Diet is more proper for the Sick than the Healthy; and we generally find that lean People bear Hunger better, than thoſe that are of a fuller Habit of Body, who are alſo very ſuddenly emaciated in acute Diſeaſes.

It is not always neceſſary to obſerve the moſt exact Proportion of ſolid and liquid Food, to preſerve Health; every Age, Sex, Conſtitution, Manner of Living, and Climate, require different Rules.

The famous *Cornaro*, who lived in Health to the Age of One hundred

and twenty, leſſened every Year the Quantity of his Food, as his Age advanced; and imputed to the Obſervation of that Rule both his Health and long Life.

In moſt chronic Diſorders the Diet ſhould be nouriſhing and plentiful, if the Stomach will bear it; as in hypochondriac Diſorders, a beginning Dropſy, and in all Caſes where the Pulſe is remarkably weak and ſlow, provided it is aſſiſted with gentle and ſuitable Exerciſe. In acute Diſeaſes, a ſlender and diluting Diet, ſuch as Barley-Water and thin Panado, is neceſſary; particularly ſo, when the Diſeaſe is at its height.

The Miſchief ariſing from Exceſs in Eating is, as we obſerved before, more conſiderable than that which

Exceſs

Excess in Drinking will occasion, considering Drink only as a simple Diluter; for too large a Proportion of liquid Food will impoverish the Fluids, and bring on a Weakness and dropsical Complaints; but if we drink too little in proportion to what we eat, our Food cannot be sufficiently diluted; the Stomach cannot digest it so easily; the Intestines are filled with thick and dry Excrements, which furnish the lacteal Vessels with a less Quantity of Chyle; and that little being too thick, occasions Obstructions in the Mesentery, which is a double Membrane that keeps the Guts in their Place, and collects the Lacteals, or the Vessels which receive the Chyle from the Bowels. The Blood becomes viscid, and atrabiliary; the Body grows costive; and many other Com-

Complaints ariſe, which however are eaſily removed in the Beginning by a few Evacuations, and a more diluting Diet.

THE Application of the above Remarks may very eaſily be made to the Inhabitants of this Metropolis, if we conſider that there is no City in the Univerſe where the two Extremes of Opulence and Poverty are ſeen in a more conſpicuous Light. There are ſome who make their Belly their God; whilſt others, deſtitute of the neceſſary Quantity of Food to maintain Life, periſh by Want.

CHAP.

CHAP. II.

Of the QUALITY *of* FOOD.

AFTER having considered Food as to *Quantity*, the next Thing which occurs is the *Quality* of it. All those Substances which we take in to repair the Waste of our Bodies, by Way of Food or Aliment, are either from the Vegetable or from the Animal Kingdom, except Salt, which is a Mineral.

OUR Food is either solid or fluid, simple as Nature produces it, or compounded by the Art of Cookery. Providence has indulged us with an amazing Variety of Things which are

proper

proper to repair the continual Waſte of the Solids and Fluids of our Bodies, and to preſerve Life; and are particularly adapted to the different Climates, Seaſons of the Year, Ages, Sexes, and Conſtitutions of Mankind; for they do not agree with every Body alike; and the Wholeſomneſs or Unwholeſomneſs of any one particular Subſtance uſed in Food, cannot be poſitively and generally aſcertained, as Things are only relatively and not abſolutely good or bad.

Every Country has Food proper for its Climate, which is improper for another; each Seaſon produces Food which agrees generally better at that Time, than the Product of another Seaſon. Nature has provided Milk for Children, a Variety of more ſolid

Food

Food for different Ages; and perhaps Milk was intended as the Food of old and toothleſs People.

Mr *R*----, at the Age of Sixty, laboured under many Infirmities, and particularly the Gout; but having a great Opinion of a Milk Diet, he took a firm Reſolution to take to it. He is now near Eighty, and ſtill lives intirely upon Milk, and divers Puddings made of Milk. The Gout has quite left him; and he ſcarcely perceives any of the Inconveniencies of old Age.

Different Sexes, on account of their different Manner of Living, ſeem to require different Food. The Variety of Conſtitutions is infinite, and Men generally conſult the pleaſing and

and tickling of their Palate before their Health; or else every one, at the Age of Thirty, might be in that Respect his own Physician.

It is a common Custom for People at Meals, if there is a physical Man in Company, to ask him many Questions concerning the Wholesomness or Unwholesomness of particular Things; some imprudent Practitioners, not considering how much Constitutions differ, generally recommend, or discommend those Things, which agree or disagree with their own Constitution; others, still more imprudent, whilst they give dietic Rules to their Patients, commit daily Excesses in Eating and Drinking; and by their bad Example destroy the best Arguments that might have supported their Doctrine.

Dr

Dr *L*----- was a Man of great Abilities, and ſound Judgment in Phyſic; he ſaved the Lives of many of his Patients by his judicious Preſcriptions, and by regulating their Diet: Yet by his Intemperance he deſtroyed his own Conſtitution, and died at the Age of Forty, juſt as Fame and Fortune began to reward his Merit.

We find from Obſervations, that in warmer Climates, in Summer, and to hot Conſtitutions, the Food which Vegetables afford, is preferable to all others, as it produces more temperate, cool, and acid, or rather aceſcent Humours. In northern, colder Climates, in Winter, and to cold Conſtitutions, the Food taken from animal Bodies, being of an alkalеſcent Nature, dreſs-

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ed and ſeaſoned with Spices, ſeems to be beſt ſuited to recruit our Bodies.

THE different Qualities of our Food are imparted to our Humours; which, while they are yet crude, retain the Nature of the Aliments lately taken, till they are perfectly aſſimilated to our Juices.

ALL leguminous Subſtances, all Kind of Pulſe, mealy, crude, and unfermented Aliments that are of a viſcid Nature, and not ſeaſoned with either Salt or Spices, if they are not properly ſubdued by the Powers of our natural Functions, will occaſion in the firſt Paſſages a Loſs of Appetite, an Indigeſtion, a Senſe of Fulneſs, Sickneſs, and Vomiting. They render the Bile ſluggiſh, ſlimy, and unfit

unfit to diſſolve the Food; they fill the Stomach, the Lungs, and the Inteſtines with naſty Phlegm; they bring on Coſtiveneſs, render the Chyle glutinous and thick, ſo that the Perfection of it, and its Separation into the Lacteals, is greatly hindered. In the Blood they produce a Paleneſs and a Viſcidity; they render the Circulation of it very difficult, particularly in the ſmall Veſſels, where they give Riſe to Obſtructions. In the Nerves they occaſion a Defect of the moſt ſubtil Fluid. They will thus bring on an univerſal Languiſhing and Sinking of the vital Strength; and intirely diſorder the Circulation, the divers Secretions and Excretions, and the vital, natural, and animal Motions.

THIS kind of Food will therefore

be very hurtful to thoſe whoſe Blood is poor, whoſe Veſſels and Viſcera are weak, whoſe Bile is ſluggiſh; and to thoſe who are ſlothful and uſe too little Exerciſe; and therefore thoſe of ſuch Conſtitutions ought never to eat any crude Vegetables, for they often contain little Eggs of divers Inſects, which will be hatched and nouriſhed in their weak Stomachs; and will be the Cauſe of Worms; we have had Accounts of People who had Toads in their Stomach, by drinking Water which contained the Sperm of Toads.

Mrs P---- is remarkably prejudiced againſt animal Food, and thinks that a vegetable Diet is the only wholeſome one for every Conſtitution; her Children are not allowed to taſte any Meat, and ſhe ſtuffs them with mealy Puddings of divers Kinds. They are

always pale, ſickly, ſhort-breathed, coſtive, and ſubject to various eruptive Diſorders. Theſe Complaints oblige her to call in frequently the Aſſiſtance of Phyſic; and they are generally removed by warm ſtomachic Purges, and aromatic cordial Medicines.

To ſtrong and robuſt People, whoſe Blood is rich, whoſe Entrails are ſtrong, who are very active, and who uſe much Exerciſe, leguminous and mealy Aliments may not only be allowable, but even very wholeſome, and ſometimes neceſſary.

Many common Labourers, who in the remote Parts of this Iſland earn about ten pence a Day, live to a very great Age in a perfect State of Health, upon leguminous Food, and divers

kinds of pulſe; but when any of them come to *London*, where they can earn two or three times more than in the Country, and where they live more luxuriouſly; they are often afflicted with a Train of Diſorders which forces them into Hoſpitals, and deſtroys many.

THAT Food which conſiſts of juicy Acids, that are new, crude, actually fermenting, or already fermented; of Subſtances that are actually ſour, or that will eaſily grow ſour; which are moſtly taken from Vegetables, ripe Fruits, and their Juices, will more or leſs affect our Humours with the ſame acid Qualities; particularly when it is taken by thoſe who have a lax Texture of the Fibres; whoſe Veſſels and Viſcera are weak, and whoſe animal Motion is defective.

The

The firſt Digeſters, the Stomach, and the Gut called Duodenum, receive the firſt Impreſſion; from thence the Chyle, the Blood, and at laſt all the Humours of the Body. This brings on ſour Belchings, Hunger, a gnawing Pain in the Stomach, an intire Depravation of the Bile, Wind, Convulſions in the Bowels, a ſour Spittle, Itchings, Obſtructions, Pimples, Ulcers, pricking Pains in the Brain and Nerves, the Rheumatiſm, gravelly Complaints, the Stone in the Bladder, and at laſt even Death itſelf.

It appears therefore that acid Aliments are very improper for thoſe that are already affected with ſour Belchings; for Children, ſlothful, poor People, and Virgins; and the moſt ſo in Winter Time or in cold Weather.

BUT the ſame Food, taken into Bodies whoſe Veſſels and Bowels are ſtrong, who are full of good Blood, and whoſe Bile is too much of an alkaline, acrimonious Nature, may, if diſcreetly uſed, become extremely ſalutary. It ſeems alſo to have been by Providence intended as the proper Food for Summer and hot Climates.

THE Fleſh of Animals and Aliments taken from living Creatures, except the Milk of thoſe that live upon Vegetables; Fiſh, Birds of Prey, or ſuch Vegetables, as are apt to turn into an Alkaly, are adapted to Northern Climates; and proper Food in Winter, for Children, for Women and Virgins, and thoſe that are ſlothful, and troubled with ſour Riſings from the Stomach.

IN

In warmer ſouthern Climates, and in Summer, this kind of Food, which it is taken by Conſtitutions that are full of good Blood, or ſuch as might already be diſpoſed to Corruption; by thoſe that have ſtrong Viſcera, and who are long expoſed to a great Heat, is very improper; for in theſe it will occaſion Belches of a putrid Stench, a great Thirſt, a Loſs of Appetite, a bitter Taſte in the Mouth, Vomitings of corrupt, bilious Matter, a bilious Looſeneſs, inflammatory Pains in the Bowels, and a Diſſolution of the Blood into a putrid Maſs, which, being unfit for Nutrition, diſturbs all the Functions of the Solids and Fluids; ſo that the Circulation, Secretions, and Excretions of the Humours, keep no longer their proper Courſe; whence burning hot Fevers, fetid Urine, the

worſt of Inflammations, Impoſthumes, Gangrenes, Mortifications, and Death. All theſe Conſequences will be ſtill worſe, if the Meat is very juicy and very fat.

AROMATIC Spices, when moderately uſed, by their gentle ſtimulating Warmth, may be of infinite Service, and greatly aſſiſt Digeſtion; they ſeem particularly uſeful to cold Conſtitutions, Children, Women and Virgins. It is remarkable, that in ſome northern Parts of the Continent, where the Uſe of Spices is more frequent than it is here, the Women are leſs afflicted with Obſtructions, and other hyſteric Complaints.

BUT the immoderate uſe of them, will in any Conſtitution bring on Thirſt, the Heart-burn, a Sharpneſs of

of the Bile, and of all the Humours; an Attenuation of the Blood; whence a dryneſs and leanneſs of the Body, burning Fevers, Spaſms, the Gout and arthritic Pains, and many inflammatory Diſorders.

COMMON Salt is the only Mineral uſed in Food. The ineſtimable and indiſpenſible Uſe of it, has been acknowledged from Time immemorial; both profane and ſacred Hiſtory take Notice, that there is nothing in Nature ſo neceſſary. It creates an Appetite by ſtimulating the Fibres of the Stomach; and by dividing and attenuating the Food, it helps Digeſtion. When it is taken in too large a Quantity, it heats very much; for by its attenuating and dividing Quality it agitates the Humours to an exceſſive Degree. The Effects of Salt

are

are remarkable upon a Toad; for if you ſpread but a few Grains of common Salt upon the Back of that Reptile, it will in a few Minutes throw it into a violent Sweat, Convulſions, and Agonies, which will occaſion its Death.

SALT, when immediately applied to any Part that is ſcalded or burned, before it riſes into a Bliſter, will effectually prevent an Inflammation, and other bad Conſequences uſually attending Burns or Scalds. Dr *V*---- drinking Tea at Mr *G*---'s, had the Tea-Kettle thrown by Accident upon his right Knee; at the ſame time the Lid of the Kettle came off, and all the boiling Water contained in it was poured down his Leg; the Dr immediately ran to the Cupboard, and with all the Salt he could get made a Brine, with

with which he instantly pickled his Leg; it had the desired Effect, for the Dr's Leg was preserved from hurt, except a small Spot under the Shoe-Buckle where the Brine had not been applied, because the Dr did not take off his Shoe, as the Water had not penetrated into it.

CHAP. III.

Of DRINK *unfermented.*

WHEN we considered the Effects of an excessive Quantity of Food taken into the Stomach, we observed, that an Excess in Quantity of DRINK was less hurtful than an Excess in solid Food; this must be understood of Drink considered as a simple Diluter, which is very agreeable

able to the Opinion of the Antients; for liquid Food is more eaſily digeſted and diſtributed into all the Parts; it is upon that Account that it is recommended to Perſons juſt recovering from Sickneſs. The School of *Salernus* directs us to begin our Meals with liquid Food; and from hence probably aroſe the Cuſtom of beginning Meals with Soup, which ſubſiſts in many Countries, and in ſome Families here in *England*; though ſome People ſubſtitute a Glaſs of Wine before Dinner inſtead of it.

We ſhall here conſider Drink, or that fluid Body which we uſe to quench our Thirſt, to help Digeſtion, and to repair the conſtant Loſs we ſuſtain of the moiſt and watery Parts of our Humours, as to its different Qualities.

NATURE has provided for us a ſimple Drink, which is *Water*, called by ſome *true* Drink. Art ſupplies us with a Variety of made Drinks, ſuch as Wine, Beer, Cyder, and many others, invented to gratify our Palates; and when diſcreetly and properly uſed, to revive the Blood and Spirits, and to produce many other Advantages.

WATER, that precious, and natural Liquor of the Poor, is the firſt and beſt Diluter. Drank moderately, it helps Digeſtion, quenches Thirſt, is the moſt proper Vehicle for ſolid Food, and agrees at all Times with every Age and Conſtitution, particularly with thoſe that are of a bilious and melancholy Temper. It may produce bad Effects, as we have already obſerved, when drank to an exceſſive Quantity.

THE

THE Quality of Water is frequently rendered very bad, by the various Changes, and the different Principles it receives in the Earths through which it paſſes; which may thus become the Cauſe of different Diſeaſes; or, it is ſometimes impregnated with particular mineral Principles, which render it a ſafe and ſalutary Medicine to cure inveterate and obſtinate Diſorders.

THE wholſomeſt Water is that which is light, clear, pure and limpid; without either Colour, Smell or Taſte; that boils eaſily, and cools ſoon; and wherein Peas, or other leguminous Vegetables, are quickly boiled ſoft; upon which account it is preferred for Brewing.

THE Ancients eſteemed Rain-Water the beſt; but it is now univerſally allowed

allowed that River-Water is the beſt and wholeſomeſt for common Uſe; for when it is left to ſettle, it will be as clear as Spring-Water. The Water of the River *Thames* is remarkable for its Excellency, and is the beſt for the uſe of Ships to carry to Sea.

Spring-Waters are generally very clear, as they are filtrated through the Earth. But it is very obvious that they ſtill retain ſome Parts of the divers Matters through which they paſs, and may thus occaſion Stagnations and Obſtructions in the Veſſels; the Gravel and the Stone in the Kidnies and the Bladder, and many other Diſeaſes.

There are ſome Springs, which, though very clear, will petrify Wood, Fruits, Parts of Animals, or any other

other Bodies or Things that lie in them for ſome Time. Some Spring-Waters petrify of themſelves, as they fall upon the Stones where they ſettle. Of this Nature are moſt Waters that run out of Rocks in Grottos and Caves; which muſt be very unwholeſome and dangerous, and may ſpeedily deſtroy thoſe who drink them.

A great Number of ſtrange and extraordinary Effects are aſcribed by ancient and modern Hiſtorians to Waters of ſeveral Places; many of them are real Facts, and vouched by undoubted Experiments, whilſt others are fabulous.

THERE are Springs in *Ireland* which turn Iron Bars into Copper.

THE Water of the River *Seine* in *Paris*

Paris purges Travellers very briskly, when they firſt come to *Paris*, if they drink of it.

It is ſaid of a Water in *Normandy*, that thoſe who dip their natural Parts in it ſeveral Times, will be cured of their Infirmity.

In ſome Parts of the Frontiers of *Switzerland*, the Inhabitants, on account of the Waters which they drink, are ſubject to ſtrange Wens or Swellings in the Throat and Neck, that are unequal, and often of a very large Size, hanging from Ear to Ear very low down; they are ſo general in ſome few Villages of the Vallies between the *Alps*, that they are looked upon there, by the common People, as a neceſſary perſonal Accompliſhment; and a Woman might as well

be without a Noſe, as without one of thoſe protuberant Wens hanging down upon her Breaſts. Some eminent Phyſicians have thought that thoſe Wens were cauſed by the thawed Snow and Ice which ſupplies the Springs of thoſe Places, and which the Inhabitants uſe.

ALL Waters made of Snow, though nothing but harmleſs frozen Rain, and thoſe made of Ice, are found to be pernicious; for they do not immediately recover, by thawing, their prior wholeſome State.

THE Coldneſs of Water, or the Uſe of Ice, will have pretty near the ſame Effect as that of the inſpired cold Air, which we have explained in the preceding Section. In ſome Countries, and for ſome Conſtitutions, the prudent and moderate Uſe of Ice may ſometimes

ſometimes be proper; but in general it produces more ill than good Effects. In the ſouthern Parts of *Europe*, where, on account of the Heat of their Climate, they indulge themſelves with the deceitful Pleaſure of drinking out of Ice, they often pay for it with the Loſs of their Lives. In our temperate Climate, though the Inducement is not ſo great, yet Luxury has introduced the Uſe of thoſe Sorts of Drinks, and of divers Sorts of Ice-Creams, which are pernicious and dangerous in the Heat of Summer; for every thing that is exceſſive is an Enemy to Nature; and it cannot be ſafe to throw the Body all of a ſudden, when it is hot, into a quite different State, by taking into the Stomach thoſe Things which are exceſſively cold.

F---- was a Nobleman, of whom

one may truly ſay, that he was A MAN; he was a great Advocate for the Cold-Bath, and in general for every Thing that could harden the Body; and imagined that Cold applied internally muſt be as ſalutary as when applied externally. He often drank his Liquors out of Ice, and eat plentifully of Ice-Creams of divers Kinds: After having one Day taken a greater Quantity of theſe than uſual, a fatal Inflammation, which at once affected the Stomach, the Inteſtines, and the Kidnies, notwithſtanding the Aſſiſtance of three of the moſt eminent Phyſicians, who did not leave him an Inſtant, made him fall a Victim to this his favourite Opinion.

THE worſt Water of all is ſtagnated Water; for it is productive of many malignant, putrid, and even peſtilential

peſtilential Diſeaſes, on account of the Corruption it contracts by long ſtanding.

We muſt not here paſs unnoticed the bad Effects ariſing from the too faſhionable Uſe of warm Water, or of drinking Tea, Coffee, Chocolate, or any other Liquids too warm, and in immoderate Quantities; for it brings on in the Seat of the firſt Digeſters a total Relaxation, which occaſions an Indigeſtion; and the Chyle being poor and watery, introduces the ſame ſerous Quality into the whole Maſs of the Blood: The Nutrition is depraved; the Solids are weakened; the Fleſh grows flabby; the Nerves impotent; and the vital Strength ſinks intirely: Whence various dropſical and leucophlegmatic Affections; ſeminal Weakneſs in Men; the Fluor Albus, or the

Whites in Women; a Diabetes; Conſumptions; Hyſteric, and Hypochondriac Diſorders.

THE Ingredients which are the Baſis of thoſe dietic Infuſions and Decoctions, are not only harmleſs, but even ſalutary.

TEA is accounted good for the Head; it is eſteemed to refreſh the Spirits, ſuppreſs Vapours, purify the Blood, provoke Urine and cutaneous Excretions.

COFFEE promotes Digeſtion, cures the Head-ach, occaſioned by the Fumes of ſtrong and ſpirituous Liquors; it is a good Diuretic; it enlivens the Spirits and quickens the Memory and Fancy. A certain famous modern

modern Author and Poet is ſaid to drink an immoderate Quantity of it.

THE exceſſive Uſe of Coffee makes People grow thin and lean; it hinders them from Sleep; it weakens the Body, and ſuppreſſes the Appetite for Venereal Pleaſures. It agrees better with old, cold, and phlegmatic People, than with bilious and melancholy Perſons.

CHOCOLATE, which is the *Cacao*, or by ſome *Cocoa*-Nut reduced into a Paſte, is very nouriſhing, and a good Reſtorative for old and decayed People. It is good for the Lungs, and it promotes Venery. It is obſerved that Chocolate-makers are troubled with dry Aſthmas and Diſorders of the Lungs; but it is not owing to the Effluvias of the Choco-

colate, but to the Fumes of Charcoal uſed in the making of it.

MINERAL and Medicinal Waters belong properly to the *Materia Medica*; yet it will not be improper to ſay ſomething here upon their Nature and Properties.

SOME Mineral Waters are impregnated with a mineral alkaline Salt, and with a calcareous Earth; and are therefore called *Alkaline* Waters. The *Tilbury* Water is reckoned the ſtrongeſt of this Claſs in *England*. It is very uſeful in Diſorders ariſing from Acidities in the firſt Paſſages, and in Complaints cauſed by a Laxity and Weakneſs of the Fibres; ſuch as ſome Sorts of Purgings, Female Weakneſſes, and cutaneous Diſorders. It is generally drank to the Quantity of a Quart

a Quart a Day, cold or Milk-warm. It paſſes off by Urine or by Perſpiration, and ſometimes by Stool.

THE bitter Purging Waters, of which there are ſome in almoſt every County in *England*, ſuch as thoſe of *Kilburn*, *Epſom*, *Acton*, *Dulwich*, *Northall*, and many other Places about *London*, are mild and gentle Purgatives, very efficacious and ſafe. They operate frequently without Griping, Sickneſs, or Lowneſs of Spirits; and rather ſtrengthen the Stomach, and raiſe the Spirits. They are generally taken from one to three Pints, as Purgatives; but when they are intended as aperient and attenuant Alteratives in chronic Caſes, they muſt be uſed for common Drink, diluted with Wine, Whey, Milk, or other Liquors.

SEA Water has been by ſome greatly recommended againſt ſtrumous Swellings and Obſtructions of the Glands, and different Diſorders of the Skin. It heats and dries very much, on account of the marine Salt which it contains; and therefore in Tumors and Swellings of the Glands that are much inflamed, and tend to Suppuration, and in general in all inflammatory Caſes, or in Conſtitutions ſo inclined, the Uſe of Sea Water is highly improper. The uſual Doſe is from half a Pint to a Pint, or more, every Morning for ſome Months. In many Caſes bathing in Sea Water is joined with the Drinking of it.

Chalybeate, *Steel* or *Iron* Waters, are of the greateſt Importance, being very efficacious; and they ought never to be drank without proper Advice,

vice, and much leſs when their Uſe is not ſtrongly indicated. They are impregnated with Iron, which is a Metal of moſt excellent Virtue, and of as great Conſequence in the Practice of Phyſic, as Gold is in the Commerce of Life: For the judicious Phyſician may with Iron or Steel, and its Compoſitions, when properly applied, often reſtore to Health People of poor, ſluggiſh, cold, lax and weak Habits. But the Uſe of that Metal, to thoſe who are full of good Blood and Juices, whoſe Solids and Fibres are rigid and ſtrong, is very injurious. In the ſame manner, Gold, in the Hands of the judicious and generous Man, is made the Inſtrument of Relief to the Poor and Helpleſs; but when it is accumulated in the Hands of the covetous Miſer, it brings on a Fulneſs

of

of Riches, which is the Source of his devouring Cares and reſtleſs Nights.

THOSE Waters which contain Copper, and are called *Cupreous* Waters, are little other than a Solution of Blue Vitriol. Their internal Uſe is not ſafe.

SULPHUREOUS Waters are ſaid by the Analiſers of ſome of them to contain no actual Sulphur; perhaps it has yet eſcaped their Art.

THE *Hot* Waters, called *Thermæ*, or Baths, are ſuppoſed by ſome to owe their Heat to an external, and not intrinſic Cauſe. We have not room here to inquire into their Production; we muſt refer the Reader to Naturaliſts who have endeavoured to account for them. The chief Spring of this

this Kind in *England*, at *Bath*, ſeems to abound with a mineral Sulphur; and from the principal mineral Ingredients with which it is impregnated, it is generally accounted a ſoft, healing, ſubaſtringent Balſamic, both internally and externally applied.

CHAP. IV.

Of Fermented, and *Spirituous* LIQUORS.

ALTHOUGH Nature has furniſhed us with only one Sort of Drink, which is Water, it does not follow that Made-Drinks ought to be condemned. It is true, they have not always the real Characteriſtics of good, ſimple Drink, which is to moiſten, to cool, and to quench Thirſt; but

but we muſt remember that they were invented for various Purpoſes, and chiefly to revive the Blood and Spirits, and to aſſiſt Digeſtion. This they cannot do without being of a gentle ſtimulating Nature; and therefore it is no wonder that when they are taken in too large Quantities, they ſhould heat very much, and cauſe Thirſt.

We ſhall here give a ſhort Account of thoſe Made-Drinks that are moſt in Uſe in *England*, and in *London* in particular.

Beer is a vinous Liquor made of malted Barley, and ſometimes other Corn. It may juſtly be called the *Wine* of *England*, and of moſt northern Countries. The Quality and the Effects of Beer depend greatly upon the Manner of Brewing it, the particular

Kind

Kind of Corn, the Method of Malting it, the Quantity of Malt; and the Sort of Water uſed to brew with; as alſo the particular Kind of aromatic Bitters put in to preſerve it.

EVERY Brewer has almoſt a particular Method of Brewing. The Barley of ſome Countries is better, and more nouriſhed than that of others; ſome People make Beer of Oats, others of ſome other Corn. In ſome Places they dry the Malt with a particular Kind of Coals, very high and brown, which gives the Beer a deep Colour; in other Places they dry it with Straw, and make pale Malt, which produces the fine pale Ales and Beers of divers Counties in *England*. The Water makes the moſt amazing Difference in Malt Liquors in general, and it is a common Opinion, that the *Lon-*

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don ſtrong Beer, called *Porter*, which is a moſt excellent nouriſhing and moiſtening Liquor, for People who uſe Exerciſe, cannot be brewed any where, but in, or near this Metropolis. The bitter Plants put into Beer to preſerve it, and hinder it from growing ſour, are generally Hops. But we are informed, that formerly the Uſe of Hops was not known in *England*, and that there was a Time when they were called a pernicious Weed: Ground Ivy, Birch, Wormwood, and other aromatic Bitters, ſupplied then the room of Hops, and are to this Day uſed for ſome Sorts of Beer. We ſhould exceed our Limits, were we to enter into all the Particulars of the Brewing Art; theſe will ſuffice to ſhew the various Differences that produce ſeveral Sorts of Beer, which, when they are drank in Moderation,

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by thoſe who uſe ſuitable Exerciſe, are of an opening, fortifying, moiſtening, and refreſhing Nature. Beer is certainly very nouriſhing, and makes People fat; which appears very plain in all northern Countries, where People drink nothing but Beer, and where they are almoſt all fatter, bigger, and more vigorous than thoſe who live in ſouthern Countries, where Wine is their common Drink, and where it would be indeed ſubverting the Intentions of Nature to introduce Malt Liquors as conſtant Drink; for every Climate produces ſuch Things as are in general beſt ſuited to the Conſtitutions of its Inhabitants.

Beer when drank to Exceſs, like all fermented vinous Liquors, makes People drunk; and is apt to form Stones in the Gall-Bladder; this laſt

Effect may be partly prevented by the moderate uſe of Brandy.

THE drinking of Beer abſolutely requires Exerciſe; and thoſe of either Sex who lead a ſedentary, unactive Life, ought not to drink much Beer, eſpecially ſtrong Beer or Ale; Cyder, Wine, or Spirituous Liquors, properly diluted with Water, without Acids, will agree with them much better.

G. P. was the only Son of an ingenious Artiſt; he was ſtudious to Exceſs; his Mind was always fully employed, and all his Thoughts conſtantly fixed upon the Subject of his deep Meditations. But his Body had no Exerciſe. The only Amuſement which *G. P.* enjoyed was to go every Evening to a neighbouring Porter-Tavern, where he met with very genteel

teel Company, and a few ſincere Friends, who there ſpent their leiſure Hours over a Pot of humble Porter. He was fond of that Liquor, drank no other; and upon an Average at home and at that Tavern he drank three Quarts a Day. This brought on a very obſtinate Diabetes; and *G. P.* who, contrary to the Advice of his Phyſician, perſiſted in cloſe Application of the Mind, without any bodily Exercife, and in drinking his uſual Quantity of Porter, died a Victim to his Error in Diet.

CYDER is another native Liquor of ſome Parts of this Kingdom, made of Apples. It agrees almoſt with every Conſtitution, and at all Times, when uſed with Moderation; but when drank to Exceſs, it will cauſe a very troubleſome and dangerous Drunken-

neſs, particularly in thoſe who cannot eaſily digeſt it; it will greatly diſorder the Brain and Nerves, diſturb the animal Spirits, and bring on Sickneſs and Vomiting; many of thoſe Effects have been aſcribed to the Leaden Veſſels uſed in the making of it. For weaker Stomachs, Cyder is very agreeably corrected with a little Brandy. Some have accuſed this Liquor of occaſioning the Leproſy, but Obſervation does not confirm the Accuſation; and it is generally eſteemed good for ſcorbutic and melancholy People. It is well known from Experience, that moſt of thoſe who live in Cyder Counties, and drink nothing but Cyder, are ſtrong, hail, and look well. Lord *Bacon* gives an Account of eight People, ſome of which were near a Hundred Years old, and others above a Hundred, who all their Life-time had drank nothing but this Liquor,

Liquor, and were ſo ſtrong at that Age, that they hopped and danced about like young People.

MEAD is a Liquor very common in *Lithuania*, in *Poland*, in *Muſcovy*, and in Countries where Honey is very plenty. It is alſo made in many Parts of *England*; but it is ſeldom uſed here as common Drink. It is reckoned, on Account of its oily and balſamic Principles, very proper in Coughs and phthiſical Caſes. It is hurtful to bilious People; for Honey, of which it is made, eaſily turns into Bile.

WINE is a fermented Liquor of moſt ancient Date. It appears from the Holy Writings, that the Uſe of it was known before the Flood; for we are told that *Noah* (having learned the Art of making Wine in all Proba-

bility before the Flood) planted a Vineyard, made Wine, and unfortunately was overcome by the Power of it.

THE moderate Uſe of Wine, at all Times, and with moſt Ages and Conſtitutions, will have the Effect of a moſt generous Cordial. It fortifies the Stomach, enlivens the Spirits, and gives Vigour to the Blood. It agrees better with old phlegmatic People, than with young, hot and bilious Conſtitutions.

PLUTARCH relates, that when a very great Plague raged in the Army of *Julius Cæſar* in *Africa*, no Remedy was found ſo effectual as good and generous Wine, which very ſoon put a Stop to it, after it was given to the Soldiers of that Army. Is not this

this a very plain Hint of the Uſefulneſs of it in our putrid, malignant, epidemical and contagious Fevers?

THERE are ſeveral Sorts of Wines, varying in Colour, Taſte, Smell, and Conſiſtence, according to the different Climate, Grapes, and Fermentations. The beſt are thoſe produced in hot Countries, becauſe the Grapes there ripen better. But Wines which are made in Countries where the Influence of the Sun is weak, are not ſo ſpirituous. Some have been of Opinion, that thin and racking Wines are the Cauſe of the Gout; becauſe thoſe who indulge themſelves with drinking too freely of them, are frequently afflicted with it. But it plainly appears, that the Uſe of thoſe Wines, or of thin racking Liquors, is not the only Cauſe of this Diſeaſe;

for it was known in *England* long before the general Uſe of them; and we ſee frequently People, who rarely drink of them, but liberally uſe other ſtrong Liquors, and live in Sloth and Eaſe, ſeverely afflicted with the Gout. It is however probable, that Wine, eſpecially thin Wines, when drank in northern Climates, may ſooner diſpoſe one to the Gout, than Malt Liquors; becauſe Beer is generally drank newer than Wine, and is more inclined to work off by Stool; whereas Wines are thinner, older, and paſs by Urine, and the cutaneous Outlets: Malt Liquors kept to a great Age, and old ſtrong Beer, paſs the ſame Way. But as Perſpiration for want of Exerciſe, and by Reaſon of the ſurpriſing and ſudden Alterations of the Air here in *England*, is often obſtructed; it is no wonder that in thoſe

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who take too large a Proportion of thoſe Liquors, and ſo often that their Parts cannot be carried off by the ſecretory Veſſels, the Matter ſhould be lodged and depoſited upon the Joints. It is certain, that periodical Fits of the Gout ſeldom attack People in Summer, but they generally appear in thoſe who drink very old ſtrong Liquors, after any Cauſe which may obſtruct Perſpiration, or in the Winter Seaſon.

THERE are many Sorts of Spirits diſtilled from fermented Liquors; ſuch are chiefly, Brandy from Wine, Gin and other Spirits from Malt; Rum from Sugar-Canes, and Arrack from Rice. Theſe Liquors, taken moderately, warm and ſtrengthen the Stomach, they help Digeſtion, expel Wind, allay the Colic, revive the Spirits,

Spirits, and promote the Circulation of the Blood: In Apoplexies and Lethargies, from a cold and pituitous Cauſe, the external and internal Uſe of ſpirituous Liquors may be of Service; the outward Application of them in Burnings has a very good Effect.

FERMENTED and Spirituous Liquors are generally eſteemed Cordials; but they are only ſuch to thoſe who uſe them in Moderation; for to thoſe who are conſtantly drinking ſuch Liquors, the more they are taken, the more they oppreſs their Spirits, blunt their Senſes, ſpoil their Stomach, and deſtroy their Strength. They cannot prove a Cordial to them, whoſe conſtant and common Drink is a continued Cordial; they will not invigorate their Blood, help their Stomachs, or give them Spirits. When theſe

Liquors

Liquors therefore are drank too freely, they thicken the Juices, deſtroy the balſamic Quality of the Blood, throw the Humours into an exceſſive Motion, ſtimulate and contract the Solids, which being not duly repaired, ceaſe to perform their Functions: Hence a depraved Appetite; Conſumptions; Cachexies; Obſtructions of the Viſcera, particularly of the Liver; and Dropſies. The Spirits are low; the Nerves are deprived of their moſt ſubtil Fluid; and the unhappy Objects who have contracted an invincible Habit of Drinking thoſe Liquors, are obliged to have conſtant Recourſe to the ſame again for Aſſiſtance; when they become dull, weak, forgetful, and ſometimes die Lethargic, Paralytic, or Apoplectic. Some are ſubject to a particular Redneſs in the Face and Eyes, the Gout,

gravelly

gravelly Complaints, and many acute Diſeaſes.

SPIRITUOUS Liquors are in general more hurtful to young People than to thoſe of riper Years; for they bring on old Age before its Time, and prevent the Growth of Youth.

W. is an honeſt Lawyer, a ſincere Friend, and the Gentleman in all his Actions; his Abilities are great, and the flow of his Spirits amazing. His Thoughts are always employed for the Good of his Clients, who are very numerous, as he is known to be a Man of Penetration and of a clear Underſtanding. His Mind is greatly hurried and fatigued, and his bodily Exerciſe rather greater than is proper for his Health: But what is worſe, he had lately, through Cuſtom more

than

than Choice, given into the too faſhionable Uſe of drinking Brandy and Water; which being repeated frequently every Day in Coffee-Houſes and Taverns with divers Clients, had deſtroyed the balſamic Quality of his Blood, depraved his Appetite, depreſſed his Spirits, and dried up his Nerves to ſuch a Degree, that he could hardly ſupport himſelf without having daily Recourſe to the ſame Liquor; till a ſevere Fit of the Gout, attended with a Train of nervous and ſpaſmodic Complaints, was very near deſtroying him. But, like a Man of Senſe, by the Advice of his Phyſician, he is gradually changing his Diet, renouncing by Degrees ſtrong and ſpirituous Liquors, and taking milder Drink. This Change, not being too ſudden, as it is not intended that he ſhould intirely leave off thoſe Things

which

which are now become ſo habitual to him, that it could not be done without Danger, ſeems to promiſe a very ſucceſsful Event; and there are great Hopes, that this uſeful Member of Society, will live long to do much good.

AMONG the various Diſeaſes which the Abuſe of Spirituous Liquors entails upon many of the Inhabitants of this Metropolis, none is of late Years ſo frequent as the Dropſy, which, when it proceeds from that Cauſe, is frequently incurable. For the Viſcera, and particularly the Liver of thoſe Patients, are always in a decayed Condition, and the Cure of that Diſorder depends upon the immediate Cauſe that produced it; which ſhews how ridiculous it is to expect that any Medicine can be found out that will cure every Species of Dropſies;

Dropſies; and how deceitful thoſe mercenary Quacks are, who pretend to be poſſeſſed of ſuch a Noſtrum. The following Account, communicated by a Gentleman of Character, whilſt theſe Sheets were in the Preſs, will ſerve to illuſtrate what is here advanced, and to undeceive the Public with reſpect to Mountebanks.

"Mrs. *M.* had been afflicted with a Dropſy for ſome Years, for which ſhe had been ſeveral Times under the Care of a Phyſician, who had always relieved her; but as ſhe advanced in Years, and drank freely of Spirituous Liquors, the Diſeaſe returned with redoubled Violence: The ſame Aſſiſtance was had again, but the Conſtitution being quite broke, the ſame Succeſs could not be expected. She being impatient, another of the Faculty

culty was ſent for; and ſhe growing ſtill worſe, after ſome time, a Third, and then a Fourth: But the Caſe being now quite deſperate, ſhe was perſuaded to ſend for Signior *L.* who, as ſoon as he came into the Room, declared the Caſe deſperate; and being asked to preſcribe for her, he ſaid, No, he could do her no Service; they had ſent for him too late. He then took the Guinea offered him, ſaid it was too little; and as he went out at the Street Door, he whiſpered the Perſon that went for him, that he wanted to ſpeak with her; and the next Day ſhe went to his Houſe, where he told her, that if they would give him *Five Guineas* he would cure her, but he muſt have the Money down, becauſe the Drugs were very dear: This was refuſed, and the Patient died in two Days after."

CHAP.

CHAP. V.

Of the TIMES *for* MEALS.

WE are now come to inquire into the moſt proper Times for Eating, or taking Food; for which no general Rule can be given. The Diverſity of Conſtitutions, Ages, Sexes, divers Climates and Cuſtoms, will, in that point, make a ſurpriſing Difference.

PITUITOUS and *cold* Conſtitutions, which are known by a Smoothneſs of the Skin; thin, fine, and light-coloured Hair; a pale, cold, corpulent, fat, and ſometimes bloated or ſwelled Body; a ſmall and ſlow Pulſe; a dull, unthoughtful, and timorous Mind, bear Hunger beſt; the Circulation of the Humours being but languid and

ſlow in them, the Attrition of the Parts, the Waſte and Loſs which their Bodies ſuſtain, is but very inconſiderable, and they may be well recruited with one good Meal a Day; which ſhould conſiſt of Things that ſtrengthen, heat, and dry; for ſuch as cool, moiſten, and relax, are prejudicial to ſuch Conſtitutions.

BILIOUS People, who are known by a great Quantity of black curling Hair; an Hardneſs, Leanneſs, and Thinneſs of the Fleſh, a brown Skin, large Veins, a quick and large Pulſe; and a Boldneſs of Temper inclined to Anger, cannot endure Faſting; for the Bile, with which they abound, is a ſtrong, ſharp, and ſtimulating Diſſolvent, which ſhould always have ſomething to act upon. It is therefore adviſeable for them to eat very often,

often, a little at a Time, or to take four Meals a Day; a moderate Supper will not prevent them from eating their Breakfaſt with Pleaſure the next Morning. Their Food ſhould conſiſt of Things that are moiſtening, cooling, and diluent; for warm and dry Food will hurt them. This will alſo agree with *hot* and *dry* Conſtitutions, which are known by thick yellow Hair all over the Body, a reddiſh Colour in the White of the Eyes, and in the lachrymal Caruncles, with an intenſe Redneſs in the Face, Lips and Mouth; a ſlender, active, warm and robuſt Body, a large and quick Pulſe; and an angry Diſpoſition, but ſoon over.

THE *Sanguine* and *Plethoric*, who are diſtinguiſhed by a Scarcity of Hair, of a yellowiſh, white, or brown Colour, the Fleſh ſoft and abundant,

the Veins large, blue, and diſtended with Blood; a roſy Colour in the Face; and an aptneſs to Anger, with a pliant, fickle Temper; if they mean to reduce their Fulneſs, ought to leſſen gradually the Number of their Meals, and to eat but little or no Suppers. Their Aliments ſhould conſiſt of ſuch Things as cool and evacuate; but ſuch as warm or ſtimulate much are very dangerous to them.

THE *Melancholy* are found from Experience to be beſt when they take three Meals a Day, Breakfaſt, Dinner, and an Afternoon's Luncheon, and omit Supper; for they ought not to go to Bed with a full Stomach, and their Food ſhould be moiſtening, cooling, relaxing, and moderately emollient. Theſe Conſtitutions are known by a Smoothneſs of the Skin, coal black

black Hair; a Leanneſs and Dryneſs of the Fleſh, the Colour of the Skin blacker than is uſually obſerved in People of the ſame Nation. People of this Caſt are diligent, conſtant, indefatigable, revengeful, penetrating and intelligent.

OLD People, as we obſerved before, bear Hunger very well, and therefore may be ſatisfied with one good Meal about the Middle of the Day; but growing Children cannot be fed too often, by Night and by Day.

THE Air in ſome Climates is ſo pure and ſo ſharp, that it creates an extraordinary Appetite; not only in Strangers, but even in thoſe that are uſed to it; and the Inhabitants of thoſe Countries are lively and brisk,

make four or five Meals a Day, eat hearty Suppers, and yet riſe very light and refreſhed the next Morning: Some People, who in *London* can eat but one Meal a Day, when they remove into the Country, eat three or four Times a Day with Pleaſure.

THERE is a great deal in Cuſtom; ſome People are uſed to take their Food at particular Hours, and are much diſordered when they have it not exactly at the ſame Time. The Rev. *J. L.* was an hypochondriacal Man, impatient, and full of Vapours. He breakfaſted at Nine in the Morning, dined at Three in the Afternoon, drank Tea at Six, and ſupped at Nine at Night. If by any Accident he was kept but half an Hour longer than uſual from his Meals, his Countenance would change, he could not eat,

eat, nothing was good, nor nothing was right about him that whole Day. But a Chain of Diſappointments, which deprived him totally of this Indulgence, had almoſt cured him of that unhappy Turn, when a ſevere Fit of the Gout in the Stomach deſtroyed him before the Age of Forty, and deprived him of a Life which he never knew how to enjoy. There are others who from the Hurry of Buſineſs and Affairs, ſeldom eat a Meal at any regular Hour, and yet are not affected by that Irregularity.

THE worſt Caſe is, when People concerned in particular weighty Affairs, are ſo much taken up that they cannot find a Moment's Time to take any Nouriſhment for many Hours to-

gether, and almoſt for a whole Day; which frequently happens to ſome public-ſpirited Judges, Members of Parliament, &c. who are often detained in the Houſe very late, and are ſo intent upon the Buſineſs of the Day, particularly when there are very warm Debates, that their Spirits are almoſt intirely exhauſted. Many have been thus thrown into fatal Conſumptions, and have periſhed in their Journey to the Southern Parts of *Europe*, where they were adviſed to go for the Benefit of warmer and purer Air, as the laſt Reſource.

We find that with the People of this Town, in general, Dinner ſhould be their beſt Meal. Experience teaches, that thoſe who eat but light Suppers commonly enjoy a better State of Health

Health than thoſe who delight in full, and more particularly in late Suppers.

HIPPOCRATES, *Celſus*, and *Galen*, recommended ſmall Dinners and large Suppers; but their Supper-hours correſponded very near with the modern Dinner-hours of *London*. The Ancients generally dined between Nine and Ten in the Morning, and ſupped between Five and Six in the Afternoon. In many Southern Parts of *Europe*, where the Air is pure and fine, Supper is ſtill the capital Meal of the Inhabitants, who are remarkably healthy and lively. They generally dine about four or five Hours after riſing in the Morning, and ſup four or five Hours before going to Bed. It is alſo a conſtant Cuſtom amongſt them, in fine Weather to take a Walk after

after Supper, becauſe their Evenings are remarkably ſerene and pleaſant.

It is very evident, from the foregoing Obſervations, that the beſt Rule that can be given with reſpect to Eating and Drinking, is to proportion our Appetites to our Wants, and our Deſires to ſuch Things as are fitteſt to repair the Waſte of our Bodies. Hunger and Thirſt are the Monitors of our Wants, which make Eating and Drinking a Duty, and a neceſſary Pleaſure; but let us eat only to ſatisfy our Hunger, and drink only to quench our Thirſt, if we mean to preſerve our Health, and arrive at a good old Age.

SECTION

SECTION III.

Of EXCRETIONS *and* RETENTIONS.

CHAP. I. *Of* SPITTING.

AFTER the ingeſted Food has ſuſtained the different Actions of the Mouth, the Stomach, and the Inteſtines; and after the Chyle ſeparated from the putrid Maſs is abſorbed by the Lacteals, what remains is an Excrement which ought to be evacuated, as being unfit to recruit the Waſte of the Solids and Fluids. There are many other ſuperfluous Matters ſecreted in divers Parts of the Body, which are alſo excrementitious; and there are ſome which are ſecreted for

for particular Purpoſes and Uſes that are not abſolute Excrements becoming ſuch only on account of their Quantity; and therefore their Retention is more or leſs neceſſary; ſuch are the Semen, the Menſtrual Blood, the Saliva, and others. We ſhall now conſider theſe ſeparately.

THE *Saliva* is a juice ſecreted in various Glands of the Fauces, the Palate, and the Tongue, which is brought into the Mouth by peculiar ſalival Ducts. It is a very uſeful Humour, and abſolutely neceſſary to moiſten the Food when we chew it. It has no Taſte, that it may not prevent our diſtinguiſhing the true Flavour of the Aliments we take. It is the firſt diluting and digeſtive Juice, by the Help of which the Texture of the ingeſted Food is the better deſtroyed

ſtroyed and diſſolved; it becomes uſeleſs only when it abounds, and grows viſcid and clammy, and it ought then to be diſcharged, as well as the Mucus of the Noſe. Many People are greatly relieved in the Morning by ſpitting out the accumulated and viſcid Saliva, and by blowing their Noſe, which clears the Brain, and diſcharges the Lungs from Phlegm.

When healthy People, inſtead of ſwallowing their Saliva, ſpit it out, they deprive their Aliments of that uſeful diſſolvent Juice which they ſhould receive in Chewing, and thus weaken the Coction of their Food; for by ſpitting, they drain the firſt Paſſages of thoſe ſimilar Juices which Nature has provided there to dilute, and to aſſiſt Digeſtion. This brings on a great Drineſs, Thirſt, a thick

Chyle,

Chyle, which is not eaſily ſeparated from the Feces, nor abſorbed by the Lacteals. From this Defect of Nutrition proceed Emaciation and Weakneſs. The Blood being deprived of its Lympha, becomes the Cauſe of various Obſtructions, atrabiliary, and melancholic Diſorders.

MEN who are great Smoakers and who chew Tobacco, are ſometimes very much injured, as well by the immoderate Spitting which that Habit occaſions, as by the Acrimony of the Plant. Many Authors have taken Notice of the bad Conſequence of the Cuſtom of Chewing and Smoaking Tobacco to exceſs. It is well known, that it will draw a great deal of Phlegm into the Mouth; but the throwing out ſuch a Quantity of Lympha is not equally healthy for every

every Conſtitution; it may be of Service to thoſe who are full of groſs Juices, but to dry and bilious Habits it is very offenſive, as it will dry up and wither their Lungs. Many have been thrown into a Conſumption, who flattered themſelves that the continual Spitting brought on by that fooliſh Cuſtom of chewing and ſmoaking Tobacco, was neceſſary to preſerve their Health; not conſidering what Injury they did themſelves by robbing the firſt Paſſages, and indeed the whole Body of its ſalutary Juices.

THERE are ſome Kinds of Spitting that are morbid or unnatural, which happen in acute as well as chronical Diſeaſes; but theſe are to be conſidered and diſtinguiſhed into critical or ſalutary Excretions; and ſymptomatic, or ſuch as attend the

Diſeaſe

Diſeaſe as a Symptom of it, and give no Relief to the afflicted Perſon.

In the Confluent Small-Pox, a profuſe Spitting and a perfect Salivation conſtantly attends grown People, and is of infinite Service.

Slow, Nervous, and Miliary Fevers, are frequently carried off by a free and ſpontaneous Salivation, without Aphthae.

In Scorbutic, Hyſteric, Hypochondriac, and Melancholic Patients, ſuch Salivations frequently happen as perfectly reſemble thoſe excited by Mercury; but they are ſeldom critical, being generally ſymptomatic, and waſting the Patient very much. A judicious Tranſlator of Boerhaave's *Aphoriſms*, obſerved ſuch a one in a young

young Lady his Patient, which continued for three Weeks together, to the Quantity of above two Quarts a Day; and could not be ſuppreſſed till the Tone of the Veſſels, and the Craſis of the Blood was reſtored.

ANOTHER young Lady of this City, who had been cruelly afflicted for ſome Years with a Train of ſevere Hyſteric Complaints, after a Miliary Fever, had, in Succeſſion, firſt, an Eruption all over her Face reſembling an *Herpes Miliaris*, then an immoderate Crop of Aphthæ, or Thruſh in the Throat and Fauces; and laſtly, when the aphthous Incruſtrations fell off, they were ſucceeded by an amazing and profuſe Salivation: It was attempted, for the Space of ſix Months, to ſtop it by Revulſions and Cathartics, but in vain; this ſo relaxed and

weakened her Conſtitution, which was too much ſo before, that ſhe was brought to Death's Door; but after taking Medicines that were calculated to ſtrengthen and brace up the Veſſels, and to reſtore the Craſis of the Blood, ſhe happily recovered in three Weeks time.

THAT Kind of Spitting which is attended and excreted with a Cough, is always a Sign of Affections of the Lungs or the Parts ſubſervient to Reſpiration; and when it is thin, ſerous, copious, round, ſaltiſh, ſharp, exciting a troubleſome Cough, and expectorated with great Difficulty, vellicating and tearing the ſmall Veſſels of the Lungs; it ought to be ſuſpected, being of no good Omen, and laying the Foundation of a Conſumption of the Lungs.

CHAP.

CHAP. II. *Of* STOOLS.

WE have already obſerved in the preceding Chapter, that the accumulated Feces, after the Separation of the Chyle, remain uſeleſs in the Inteſtines; and therefore they ought to be evacuated at leaſt every Day: This Evacuation is of much Conſequence to Health, and a great Regard ought to be paid to its State, which may be defective divers ways. For Stools may be ſuppreſſed; they may be too frequent, and attended with a Looſeneſs; or the Matter thus evacuated, may vary as to Colour and Subſtance, and in being more or leſs concocted, or crude.

A Suppreſſion of regular Stools, is that State of the Body in which the Feces are preternaturally retained in the Inteſtines, particularly in the laſt Gut but one, called *Colon*, where this moſt frequently happens.

THIS Conſtipation is frequently brought on by the Heat of the Air, profuſe Sweats, a too ſedentary Life, a neglect in going to Stool; Food that is glutinous, viſcid, or aſtringent; a long Faſt, the drinking of rough red Wines, too much Sleep, Sadneſs, Grief, and too intenſe an Application of the Mind. It is very familiar to ſome of the Fair Sex, who often are ſeveral Days, nay a Week, or more, without going to Stool; by which they are ſubjected to many Complaints, ſuch as the Tooth-ach, Pains in the Head, Palpitation of the Heart,

and

and many others, proceeding merely from that Cauſe.

PEOPLE who do not regularly go to Stool every Day, or at leaſt every other Day, and in whom this Evacuation is frequently, and long ſuppreſſed, are liable to various Diſorders, particularly to an Induration of the Excrements, a Diſtention of the Inteſtines, a Compreſſion of the abdominal Veſſels, a Swelling of the Belly, colicky Pains, hypochondriac Affections, the Piles, an Heavineſs in the Head with Pain and Giddineſs; ſore Throats, ſore Eyes, Vomitings, Fevers, Inflammations in the Bowels, and the Iliac Paſſion.

MRS *N.* was an old Maiden Lady who led a very ſedentary Life: She neglected too often going to Stool

when ſhe might have gone, and commonly went but once a Week. This ſhe was obliged to force by taking ſome purging Medicines. Having once neglected this Evacuation for the Space of fourteen Days, ſhe was ſeized with a violent inflammatory Colic. She had recourſe to her uſual purging Medicines, and others more powerful, but in vain. She called in a Phyſician, who ordered Bleeding, Fomentations, the warm Bath, and a Clyſter. She conſented to be bled, but the other Application, the Clyſter in particular, ſhe deſired, unknown to her Phyſician, to be deferred to the next Day. But before the Phyſician paid her a ſecond Viſit, all the Symptoms increaſed, a bilious Vomiting ſupervened, attended with an Hiccough and Convulſions, which ſoon ended in Death.

THE oppoſite Affection to Coſtiveneſs is a Looſeneſs, which may be occaſioned by eating too large a Quantity of juicy Summer Fruits, drinking of new fermented, or ſtill fermenting Liquors; immoderate Anger, a ſudden Fright, or Terror, a cold damp Air, and particularly walking in the Wet, or the Application of any cold and damp Things to one's Feet; and any thing which may obſtruct Perſpiration. Too ſtrong, violent, and irritating Cathartics, taken imprudently and in too large Doſes, will often bring on a fatal Over-purging. We had a recent Inſtance of this Kind in this City.

A Patient of Mr *T. G.* who is a skilful and an experienced Surgeon, being afflicted with a carious Jawbone, and too impatient to ſubmit to

a regular and ſafe Method of Cure, at the Eve of an Exfoliation of the Bone, and in all Probability of a ſucceſsful Event, unhappily applied to an injudicious Quack and Mountebank, noted for his bombaſtic Jargon in *Moorfields*, who ordered him ſix Cathartic Pills, which, had he taken them all, muſt have proved his immediate Deſtruction, ſince it appears from the following Letter of an Apothecary to Mr *T. G.* that half the Quantity was probably acceſſary to his Death.

SIR!

" About two Months ago, I well
" remember that the late Mr *P.* in-
" formed me, the Quack-Doctor
" had undertaken to cure his Mouth
" for Twelve Guineas and a half, the
" half

" half Guinea for the Doctor's Man,
" one half of which Sum to be paid
" down before any Application was
" made, the reſt of the Money to be
" paid when cured: He likewiſe told
" me, the Doctor had promiſed to
" cure him in the Space of two
" Months; and further ſaid, the
" Doctor told him, that if he had
" been under Mr G's Hands a Month
" longer, he would have killed him.
" Some Time after the Deceaſed told
" me the Doctor had often flattered
" him with a ſafe and ſpeedy Cure;
" but as ſoon as he healed up one Ul-
" cer, another broke out. He paid
" no Regard to his Conſtitution, a
" Proof of which, by ordering him
" to take ſix purging Pills one Morn-
" ing. I luckily called to ſee him
" the Night before, and perceiving
" the poor Object exceſſive weak and
" faint,

"faint, adviſed him to take but Three "of the Pills inſtead of Six; accord-"ingly he took three, which gave "him about *Thirty Stools*, and in my "Opinion, had he taken the ſix, "Death would have ſoon followed "the ſtrong Effect of the Pills. In "ſhort, the Deceaſed told me, the "Doctor uſed him more like a Horſe "than a Chriſtian."

July 16, 1766. Signed *J. A.*

EVACUATIONS by Stool afford both good and bad Signs in many Diſorders, and this appears from the Coction and Crudity of the Matter excreted, the Time of its Appearance, the Subſtance, the Quantity, the Frequency, and the relieving or injuring the Patient. Excrements that are of a natural Colour, are generally a good

Sign;

Sign; but when they are black, green, purulent, fetid, yellow, cadaverous, coming away insensibly, they are generally a very bad Omen.

CHAP. III. *Of* URINE.

THE Urine is a watery Excrement secreted in the Kidnies, and transmitted by the Ureters to the Bladder, where it is collected, and from which it is discharged from the Body.

THIS Evacuation is absolutely necessary, for when it is stopped, and the Urine is accumulated in the Bladder, it may produce many Ills. The distended Bladder will cause a Pain in the hypogastric Region; it may bring on

on a Convulsion or Spasm in the Sphincter or Constrictor Muscle of the Bladder; a Suppression of Urine not easily cured, and sometimes, from the Acrimony of the stagnated Urine, an Inflammation of the Bladder, speedily turning to a Gangrene. *Sennertus* relates, that a famous Mathematician, being confined in the Company of Women for a great while, and too bashful to mention the want he was under of making Water, kept his Urine so long in the Bladder, till it brought on an Inflammation, of which he died.

A young Lady of this Metropolis, confined in a Stage-Coach for many Hours, by keeping her Water too long in the Bladder, brought on an almost fatal Suppression of Urine, which was happily

happily removed by the Uſe of the hot Bath.

It is ſtill worſe, when the Secretion of Urine is by any Cauſe prevented in the Kidnies, and the ſharp urinous Serum thus retained in the Blood; for it will occaſion a Putrefaction, which will be communicated to all the Humours of the Body; whence a great Anxiety, Thirſt, Nauſea, and Vomiting. The Saliva, the perſpirable Matter, and the Sweat, acquire an urinous Smell; and at laſt there will come on Tremors, a Vertigo, a Delirium, and Convulſions, which end in Death.

There are many Diſorders which may be judged of by the Urine, and the Obſervation of it is of great Importance in preſaging a good or bad

Event

Event in Diſeaſes. This depends chiefly upon the Differences of Urine, with reſpect to their Subſtance, Qualities, Quantity, and Contents.

THE Doctrine of Signs by Urine is ſuppoſed to have been introduced by *Hippocrates*; but thoſe Phyſicians who ſucceeded him did not cultivate it, but much neglected it; perhaps on account of the many Artifices practiſed to deride the Art, and to impoſe upon Phyſicians, which however may be eaſily avoided; and provided we are ſure that it is the Urine of the Patient we attend, and we weigh with Judgment the other Symptoms of the Diſeaſe, our Prognoſtics will generally be true and certain. The Urine, for Example, of a dying Patient in an ardent Fever, voided in a very large Quantity, is colourleſs,

hardly

hardly froths, and in every respect appears like that of hysterical Women. Yet no Physician, knowing it to be made by one in the Agonies of Death, would commit so egregious an Error as to pronounce it hysterical Urine.

BOERHAAVE relates, that there was a Man at *Amsterdam*, who lived by foretelling from the Urine no other Event but Death or Recovery. He inquired whether the Urine had been long retained, and discharged in the Morning fasting; and being certain of this, he tasted the Urine, and as long as it left any Impression upon the Tongue, he pronounced that the Hour of Death was not yet at hand; but as soon as he found it insipid, he foretold instant Death.

IT

It would be foreign to our preſent Subject to enter into all the Particulars relating to Urine; our Purpoſe here is only to ſhew, that the Urine certainly demonſtrates to the judicious Phyſician the Nature and Velocity of the Blood; the Symptoms and Stage of the Diſeaſe and Concoction; the State of Secretion and Criſis; Diſorders of the Parts ſubſervient to the Secretion and Excretion of Urine, and in ſome meaſure of the Genitals of both Sexes; ſome Diſorders in the Bile; and Diſorders attending hypochondriacal and hyſterical Affections.

The Urine of the Fair Sex, particularly of thoſe who uſe little Exerciſe, is in general very pale; but the Urine of People that uſe much Exerciſe, appears very high coloured;

 which

which ſhews an increaſed Velocity, and a great Attrition in the Humours.

URINE that contains Blood, Matter, Caruncles, Threads, grumous Concretions, Sand, Gravel, Pieces of broken Stones, or a Mucus at the Bottom; denotes Diſorders in the Kidnies, the Bladder, and Urinary Paſſages. Some of thoſe Symptoms often appear alſo in Gonorrhœas and other Venereal Affections.

OILY Urine, of a greeniſh yellow Colour, voided by Patients who have a yellow Skin, Pains in the Bowels, the Hypochondria, and other Parts of the Body, is always a certain Sign of a Jaundice.

IN the worſt Kind of atrabiliary

Diſorders, the Urine is ſometimes quite black; it will have the ſame Colour in a Gangrene of the Kidnies, or after the Uſe of *Caſſia Fiſtularis*. Many inoffenſive ſimple Medicines taken into the Stomach, will cauſe the Urine to appear almoſt of any Colour; ſo that the moſt skilful Phyſician, not knowing what the Patient has taken, might be deceived and led into great Errors. Turmeric tinges the Urine of thoſe who have taken any inwardly, as in the Jaundice; Saffron renders the Urine like that of a Patient afflicted with an ardent Fever; Rhubarb gives it alſo a very high Colour; Aſparagus and many other Things, give the Urine a very fetid and diſagreeable Smell, not unlike that which appears in a diſſolved and putrified State of the Humours, when

the

the Patient is in Danger of periſhing very ſoon by a Gangrene of ſome internal Parts. All thoſe Particulars therefore plainly ſhew how adviſeable and neceſſary it is for a Phyſician to know enough of the Diſeaſe from the other Signs, before he gives his Opinion on the Urine.

CHAP. IV.

Of CUTANEOUS EXCRETIONS.

THERE is a thick greaſy Humour, filtred in divers Parts of the Body by certain Glands called the *Sebaceous Glands*, which is intended to defend the Skin from the Sharpneſs of the Salts which abound in Sweat and Perſpiration, and to prevent an Excoriation of thoſe Parts

of the Body moſt liable to Friction. This Humour in the Parts where it is depoſited, acquires ſometimes a Conſiſtence, particularly about the Noſe, upon the Forehead, between the Shoulders, and upon the Outſide of the Thighs, where it forms little black Spots, and is ſqueezed out in the Shape of little Worms; which makes ignorant People imagine that they are Animals. This ſebaceous Humour appears alſo about the Pudenda of both Sexes, drying up in the Form of ſmall Scales: Some, not knowing its Uſe, for the ſake of Cleanlineſs, have rubbed and waſhed it away, which has been attended with Excoriation of the Parts.

Insensible Perspiration, is an Evacuation of great Moment, and many Diſeaſes ariſe from its being obſtructed,

ſtructed. It carries off in ſome Conſtitutions in warmer Seaſons and Climates more Matter than all the other Emunctories. Hence *Sanctorius* adviſes us, very carefully to avoid the deceitful Pleaſure of ſuddenly cooling the Body when heated by Air or Exerciſe; yet, it has not been determined, what Quantity of Perſpiration is neceſſary in every Perſon to maintain Health; ſince the other Evacuations may help or diminiſh it conſiderably.

It appears, by the *Aphoriſms of* Sanctorius, that in *Italy* Perſpiration is twice as large in ſeven Hours of quiet Sleep as in an equal Time when awake, and that Perſpiration in that Country exceeds all other Evacuations. He ſays, that if the Meat and Drink of one Day be eight Pounds,

inſenſible Perſpiration uſually riſes to about five Pounds, the Urine to about thirty two Ounces, and Stools to about four Ounces. But from the Statical Tables of Dr *Keil* at *Northampton* in *England*, of Mr *Rye* at *Cork* in *Ireland*, and of Dr *Lining* at *Charles-Town* in *South-Carolina*, it appears, that in thoſe Places Perſpiration is conſiderably greater in the Day than in the Night; and, what is moſt remarkable, that Urine in the whole Year exceeds Perſpiration, not only in *England* and *Ireland*, but even in *South Carolina*, a Country much hotter than *Italy*. Dr *Bryan Robinſon* ſays, that a firm Belief of the Doctrine of *Sanctorius*, and that it obtains in other Countries as *Sanctorius* affirms it does in *Italy*, has hurt many. For it is natural for Perſons thus perſuaded, when they awake in the Morning,

and

and find any Moiſture on their Skin, to be afraid of Riſing, leſt they ſhould check Perſpiration, and to continue in Bed till the Moiſture goes off of itſelf; by which erroneous Conduct they relax and weaken their Conſtitutions, and frequently become Valetudinarians, from being Perſons of naturally ſtrong and healthful Bodies.

It is not improbable that many People increaſe Perſpiration beyond what is neceſſary, by being over-careful to defend themſelves from the Injuries of the Air. Do we not ſee, even in the coldeſt Climates, People go almoſt naked, without any Injury to their Health? And by that means hardening their Bodies like our Hands and Faces, which we can expoſe to very ſevere Cold?

Mr Nash, the late Maſter of the

Ceremonies at *Bath*, always went with his Breaſt wide open, and expoſed to the Air, even in the ſevereſt cold Weather; his Cloaths were cut in a Slope over the Breaſt, down to the Navel, and could not meet; yet he was very healthy, and lived free from Diſeaſes to a very advanced Age.

An increaſed Perſpiration, beyond what is abſolutely neceſſary for Health, weakens the Body, brings on an intire ſinking of the Spirits, Fainting, and ſudden Death.

A Suppreſſion of it beyond Meaſure dries up and ſtiffens the Skin, obſtructs the ſmalleſt Veſſels, increaſes the Bulk of the Humours, creates an Heavineſs perceivable by the Senſes, and an increaſed Weight of the Body, demonſtrable by a Scale; Laſſitude,

Anxiety,

Anxiety, Sluggiſhneſs, Tumors, Pains and Inflammations; except ſome other Evacuations ſpeedily ſupply the Place of Perſpiration. This Suppreſſion is alſo the frequent Cauſe of Fevers, Eryſipelas, Rheumatiſms, and the Gout. When it is very ſudden, it is, here in *London*, as well as in other Places, too often the Cauſe of putrid and malignant Fevers, whether they be brought on by the ſudden Changes of the Air, or by imprudently going out of a warm Place into the cold Air. Many People coming out of a Ball-room, or of the Play-houſe, when their Bodies have been very hot, have fallen a Sacrifice to their Imprudence, and have died of putrid Fevers, brought on by no other Cauſe. We had a recent Inſtance of it, by the Death of his late Royal Highneſs the Duke of *York*, one of the moſt amia-

ble

able Prince, who died of one of those Fevers caught by exposing himself to the cold Night Air after dancing. These Fevers are the more dangerous, because they steal, as it were, upon the Patient, and during the three or four first Days, they have only the Appearance of a common Cold, which makes People defer applying for Advice till the Disease has gained deep Root, and Nature begins to be conquered by it; when the Art of Physic comes too late to save the unhappy Objects, who sink under the Weight of many dreadful Symptoms. For all the Miseries that can afflict human Life, sometimes attend malignant Fevers.

SANCTORIUS was the first who taught us that a just Proportion of Perspiration is of the greatest Consequence, as well for the Preservation of Health

Health as the Cure of Diſeaſes. Many Authors have confirmed, and improved the ſame Doctrine; and from their Obſervations, have ſhewn how far the *Aphoriſms of* SANCTORIUS are agreeable to thoſe who inhabit theſe northern Climates.

WHAT we have ſaid of Perſpiration is very applicable to Sweating, except that it is not ſo abſolutely neceſſary in a State of Health. The Exceſs of it dries and weakens the Body, deprives the Humours of their watery Parts, and induces the Blood to an inflammatory and atrabiliary Diſpoſition. A ſudden Suppreſſion of it will equally hurt as well as a Suppreſſion of Perſpiration.

MANY malignant Diſeaſes are often carried off by critical Sweats towards

wards the State of the Diſeaſe. But often in the Beginning they are alſo attended with profuſe Sweats, to the great Detriment of the Patient, who is thus reduced by thoſe ſymptomatic Sweats to an extreme Degree of Weakneſs. Thoſe Sweats that we call *critical* and *ſalutary*, are moderate, warm, equally diffuſed over the whole Body; they come on about the State of the Diſeaſe, and are generally diſtinguiſhed by the Name of *Breathing Sweats*, which render the Pulſe more open, ſoft, and calm. But when a Sweat is profuſe, cold, clammy, partial, or extending only about the Head, Neck, and Breaſt, with a Sinking of the vital Strength and Pulſe; it denotes no Good, increaſes our Fear, and takes away all Hope of a Recovery.

THERE

THERE appeared in *England* about the Year 1481, a Diſorder which was called *The Sweating Sickneſs*, and by Foreigners *The Engliſh Sweat*; for it is reported that it was peculiar to *England* and its Natives: That thoſe who retired to *France*, *Holland*, and *Scotland*, were equally ſubject to it as if they had taken no ſuch Precaution; and what is ſtill more ſurpriſing, that Foreigners reſiding in *England* were not attacked by it. It returned again in 1485. Then in 1506. Afterwards in 1517. It appeared again in 1528, or 1529, at which Time alone it ſpread itſelf to the *Netherlands* and *Germany*: A Circumſtance which ſhews the Impropriety of calling it *The Engliſh Sweat*, in Latin *Sudor Anglicanus*; beſides *Sennertus* takes Notice, that it ſpread as far as *Denmark*, *Norway*, and

and *France*. It raged again in 1548. And the laſt Return of it in *London* was in 1551, when it was ſo violent as in one Day to take off an Hundred and twenty of the Inhabitants of *Weſtminſter*. Some were ſeized abroad, and cut off on the Road, others at home. Some when awake, others when faſt aſleep. Some died in a Moment, and others in one, two, three, four, or more Hours after they began to ſweat.

CHAP. V.

Of VENERY.

THERE is no Evacuation that does ſo much Miſchief as Venery when carried to Exceſs. It brings on

on a total Loſs of Strength, and irrecoverably enervates the whole Body. By drawing conſtantly the beſt Juices from all the other Parts, it robs them of their proper Nouriſhment, and impoveriſhes them. Hence a Laſſitude, Weakneſs, Stiffneſs of the Joints, Weakneſs of the Loins, Pains in the Head, hectic Heats, Convulſions, a Bluntneſs of all the Senſes, and particularly of Sight; Blindneſs, Fooliſhneſs; a febrile Circulation; Leanneſs; a Conſumption of the Lungs and of the Spinal Marrow; and an entire Effemination.

All thoſe Diſorders are ſtill increaſed and rendered incurable from the perpetual Deſire to Venery, which the Mind contracts as well as the Body; by which it happens, that even in Sleep the Mind is conſtantly employed

in

in obſcene Dreams, and the Parts relaxed to the higheſt Degree, upon the leaſt Irritation, and by the Stimulus of the Mind, or even without it, emit the ſmall Quantity of the repaired Sperm. The Exceſs of Venery, therefore, deſtroys the Bloom of Youth, and is pernicious to old Age. The Death of old Men, which often follows ſoon after they marry young Wives, ſufficiently declares, that Love was not made for them.

T. T. who, to the Age of Seventeen had enjoyed an excellent State of Health, and whoſe Body was ſtrong, robuſt, and remarkably well made and proportioned, in the Courſe of one Year was reduced to a mere Shadow; and from a fine Youth became an hideous Spectre, having the Appearance of a Skeleton. He was feeble,

ble, and ſeemed to labour under all the Infirmities of old Age: His Limbs could no longer perform their Duties; his Senſes, and all the mental Faculties, were blunted and impaired. The Bark, the Cold-Bath, Aſſes-Milk, Chalybeates, Vitriolic Acids, in ſhort, all regular, and even quack Medicines, had been tried in vain. *T. T.*'s Phyſician, ſupicious of the Cauſe of all thoſe Misfortunes, took him to Task, and poſitively charged him with being guilty of Self-pollution; which having at laſt acknowledged, Orders were given that he ſhould never be left one Inſtant alone, neither by Night nor by Day. This Reſtraint had the deſired Effect; *T. T.* gradually recovered his Strength; he was introduced into the Company of an accompliſhed young Lady; a mutual Paſſion ſoon terminated the

Courtſhip in an happy Union. *T. T.* is now a Husband, and a Father; and enjoys again an excellent State of Health.

OLD *R.* after having ſettled his Children in the World, being left to keep Houſe with a young Maid-Servant, and having his Mind intirely diſengaged from Buſineſs, began to fancy himſelf young again, and turn his Thoughts to Love. He married this young Woman in the Beginning of *September*, and lived with her juſt the Honey-moon over; for he died in *October*, and left her enough to purchaſe a Husband who will ſuit her Age and Conſtitution much better.

THE famous *Bebe*, the late *Staniſlaus* King of *Poland*'s Dwarf, fell a Victim to Venery. He was the Son of

of ſtrong labouring People; born ſo ſmall, that a wooden Shoe ſerved him by way of Cradle. It was with much Difficulty that his Mother reared him, his Mouth being ſo ſmall that he could only take in Part of the Nipple. He grew but ſlowly to the Age of Twelve; and when at that Age, Nature ſeemed to make an Effort, which proved unequal in many Parts, for it made him diſproportioned. *Bebe* had a very imperfect Underſtanding. He was fond of Muſic, and ſuſceptible of all the human Paſſions. His Propenſity to Venery appeared at the Age of Eighteen. He indulged it to that Degree that he began to decline at Two and twenty, and died of old Age before he was Thirty.

CONSTITUTIONS vary conſiderably, and there are ſome who may

be indulged, nay even require Venery; whilſt others are much injured by the moſt moderate Uſe of it. The ſanguine and bilious Conſtitutions are fitter for Venery than the melancholic and pituitous, whom Venery very much injures. Youth is not ſo fit for it as the Age of Manhood. It is propereſt in Spring, next in Winter, and next to that in Autumn; but very improper in Summer. *Galen* ſays, that the moderate uſe of Venery rejoices the Heart, makes Reſpiration free, drives away Melancholy and Sorrow, ſooths Anger, and lulls to Sleep thoſe who have been long wakeful.

ABSTINENCE from Venery ſeldom hurts People, if we except very few Inſtances, which have been ſeen in Conſtitutions that were remarkably luſtful,

luſtful, and were hurt by a weakening Pollution, Gleets, Tumors, Pains, and Inflations of the ſeminiferous Veſſels: It will alſo bring on Spaſms, a Satyriaſis, Melancholy, and a Venereal Mania, called in Women *Furor Uterinus*.

THERE is perhaps no City in the World where Vices reign more than in *London*, and that of promiſcuous and illicit Venery in particular. It would fill large Volumes to enumerate the Train of dreadful Diſorders which the *Lues Venerea* inflicts upon thoſe who are ſo unfortunate as to cohabit with infected Perſons, or upon thoſe ſtill more unfortunate Victims who have that terrible Diſeaſe communicated to them without any Guilt on their Side, namely, the Wives and Children of thoſe Men who marry before they are cured of this Diſeaſe,

either knowingly, or imagining themſelves quite ſound, when they have only gone through a palliative Courſe of quack Medicines; or who after Marriage are guilty of criminal Connections with Proſtitutes.

When this Diſeaſe is hereditary in Children, it is hardly curable. Hence ariſe ſo many chronical Diſeaſes, entailed upon Families from Generation to Generation, which elude the Force of all Medicines, and the Skill of the ableſt Practitioners in Phyſick.

C. L. was a young Gentleman of an immenſe Fortune, whoſe Character was univerſally admired. He had in his Travels unhappily contracted the Venereal Diſeaſe, of which he had been only palliatively cured by a Pretender in Phyſic. At his Return

turn from Abroad, he paid his Addreſſes to a young Lady, whoſe Beauty and Merit had made her the Toaſt of the genteeleſt Tables. He married her. She became pregnant, and was delivered of a ſon. But alas! ſoon after his Marriage he complained of Night-Pains in the Middle of his Limbs, with a Stiffneſs of the Joints, an intolerable Pain fixed in the Middle of the Skull, with large Knobs, obſtinate Impoſthumes, and many other Symptoms too tedious to relate. His Wife began alſo to be afflicted with ſtrange Complaints in various Parts of her Body, which made him ſuſpicious of his not having been properly cured. He related to her what had paſſed, and told her that it would be adviſeable for them to have proper Advice. But a miſtaken Baſhfulneſs made her reject the Counſel, and ſhe deſired

that he might take her into the South of *France*, where, not being known, ſhe thought, that ſhe could with leſs Reſtraint communicate her Complaints to a ſtrange Phyſician. But ſhe died on the Road; and he, in a Fit of Deſpair, put an End to his Life. Their unfortunate Offspring has been attended by a Phyſician, to whom the Father applied before his Departure, and there are great Hopes that he will be cured of this hereditary Diſtemper, which had already made its Appearance in various Shapes.

CHAP. VI.

Of the MILK, *the* MENSES, *and the* PILES.

MILK is a nutritious Juice ſecreted from the Blood in the Breaſts

Breaſts of Women, for the Food of the new-born Infant. Too great an Excretion of it, or greater than the Strength of the Nurſe will admit, deprives the Body of its neceſſary Nouriſhment. Hence Nurſes who ſuckle very ſtrong Children, or more than one, or who give ſuck too long and too frequently, are often pale and weak, ſubject to profuſe Sweats, hectic Fevers and Conſumptions. It brings on a great Dejection, Faintings, Palpitations of the Heart; a Bluntneſs of the Sight, many hyſteric Diſorders, and if they ſhould happen to conceive, a Miſcarriage.

THE Multiplicity and Variety of Affairs and Connections, makes it rather difficult for Mothers in this Metropolis to ſuckle their own Children; they ought therefore to be moſt ſcrupulous

pulous in the Choice of their Wet-Nurſes, taking Care to have them of a good Habit of Body, and married to Men who are ſound, and not afflicted with any Diſeaſe, which they might contract, and communicate to the Child.

In great Families, where Nurſes are kept in the Houſe, and feed high; it is a very erroneous Precaution to keep them from the Connection and Embraces of their Husbands, with a Notion that their Milk will be tainted. It is true, that the immoderate Uſe of Venery will vitiate the Milk, and that if the Nurſe ſhould conceive, ſhe will give but weak and bad Nouriſhment. But a rigorous Chaſtity, obſerved by Nurſes who live high, will hurt the Milk much more, by throwing them into violent Hyſteric Fits. This is agreeable

to

to the Opinion of *Hippocrates*, and to the Dictates of Nature; for we ſee the Children of common Country People are generally ſtrong and look well fed; yet the Mothers lie every Night with their Husbands, without incurring any Inconveniencies with reſpect to their Milk.

A Suppreſſion of the Milk ready formed in the Breaſts, occaſions a great Diſtention, Tumor, Pain, Fever, Inflammation, Suppuration, a Schirrhus, and if it is not timely carried off by Perſpiration, Sweat, Urine, Stools, the Lochia, and the Monthly Courſes, it cauſes a Series of Diſorders.

EVERY Woman who has attained the Age of Puberty, in Health, neither pregnant, nor giving ſuck, until the Age of fifty or thereabouts is

ſubject

ſubject to an Evacuation of Blood from the Womb, which in general returns every Month. When a Woman is diſordered in her Health, Practitioners in Phyſic commonly ſuſpect this Evacuation to be the Cauſe of it, either by a Suppreſſion of it, or by too copious a Diſcharge, or by its appearing at irregular Times. Some have given this Evacuation the Name of Women's *Flowers*, probably as an alluſion, that after the Appearance of Flowers, or the Bloſſoms of Trees, Fruit may be expected. For few Women ever conceive before theſe Monthly Courſes have once appeared; and a Suppreſſion of them is generally looked upon as a Sign of Sterility. *Hippocrates*, and ſeveral other Authors after him, have however taken Notice of Children born of Women who never had their Menſes.

MANY

MANY Diſorders may ariſe from the Suppreſſion of this Evacuation: Such as Tumors, Abſceſſes and Ulcers in the Womb; the *Febris Alba* or White Fever, a great Sickneſs, Vomiting of Blood, dropſical Complaints, Coughs, Faintings, Pains in the Head, Melancholy and Madneſs.

PHYSICIANS cannot be too inquiſitive, with their female Patients, nor Women themſelves too particular about this Evacuation, for it is to them of the greateſt Conſequence; and from the irregular Affections attending it, many of their Diſorders are eaſily accounted for. When the Menſes flow in too great a Quantity, or longer than is fit for Health, it will bring on many grievous Complaints. This however depends greatly upon the Conſtitution; ſome Women having naturally much

much of them, others very little. In ſome they flow many Days, in others very few Days. That Quantity is called *too great*, which injures the natural Actions of the Body; when it brings on a great Weakneſs, low Spirits, Cachexies and dropſical Diſorders; all which may alſo happen from the Menſes flowing oftener than once a Month, or from their dropping conſtantly.

WHEN the Courſes are retarded beyond the uſual Term, or when they flow too ſparingly, theſe Affections bear an Affinity with their Suppreſſion, and will bring on the ſame Diſorders above related as the Conſequence of a Suppreſſion of this Evacuation.

THERE

THERE are various Inſtances of the Menſes breaking out and flowing through unuſual Places, the Gums, the Navel, the Groin, &c. which although very extraordinary, does not ſeem to be of any dangerous Conſequence; and much leſs when a Bleeding of the Noſe is ſubſtituted to that Evacuation.

MISS *G.* accidentally pricked her Fore-finger of the left Hand when ſhe was but fourteen Years of Age, and before her Courſes had made their Appearance. The Needle had run pretty deep into a ſmall Artery, and it bled two Days. Some Time after this Accident, the Place, without any Cauſe, bled again near three Days, and continued ſo to do about the ſame time every Month, till ſhe was nineteen Years of Age, without her

her having any Appearance of the *Menſtrua*. When ſhe was married, ſhe became pregnant, and never after was any more affected with that Bleeding; for after her Delivery ſhe had her Courſes like other Women.

THERE is an Excretion of which we muſt ſpeak before we conclude this Section: It is a Diſcharge of Blood from the Hœmorrhoidal Veins about the *Anus*, called the *Piles*. Some are more ſubject to it than others; it is alſo more common in Men than in Women, and more familiar in ſouthern Countries than in Northern. They do not flow at any regular Periods; for ſome have them very often, others perhaps not above once a Year; many never have them at all.

A moderate Flow of the Piles or Hœmorrhoids, may preſerve a Perſon from many Diſeaſes, and carry off Diſeaſes already preſent. But they are particularly uſeful in Diſorders of the Head; and in Melancholy and Madneſs they often prove a perfect Cure.

An immoderate Flux, as well as an intire and ſudden Suppreſſion of them, are both very dangerous; like all exceſſive Evacuations of Blood, an exceſſive and immoderate Flux of the Piles may occaſion a Weakneſs, Conſumption, and dropſical Diſorders; or being ſuddenly ſuppreſſed, they may ſeize the Head and bring on Madneſs.

A Man who for many Years had been ſubject to the flowing of the Piles, five, ſix or ſeven Times a Year,

from a Suppreſſion of them, occaſioned by the Cold Bath, was ſeized with an Apoplectic Fit. After being immediately bled, he recovered his Senſes, and a few Days after, he was ordered to take aloetic Medicines, which very ſoon brought the Piles on him again. They have continued to flow theſe five Years, at different Periods, all which Time he has enjoyed a perfect State of Health.

SECTION

SECTION IV.

Of MOTION *and* REST.

CHAP. I.

Of active *and* paſſive EXERCISE.

EXERCISE or Motion, and Reſt, which is the oppoſite, bear both a very conſiderable Share among the Non-naturals, in the Preſervation of Health.

MOTION, by a gentle and mutual attrition of the Parts, ſtrengthens the Body, increaſes the natural Heat, and the Circulation of the Blood: It accelerates the Motion of the animal Spirits through all the Fibres of the Body; creates an Appetite; helps Digeſtion; renders the Body leſs ſen-

lible to the Impreſſion of the external Air, and fitter for any Action. It promotes a regular Perſpiration; and renders them who are uſed to it generally very ſtrong, and leſs liable to Diſeaſes.

By Motion is meant every kind of Labour or Exerciſe, either active or paſſive. *Active* Exerciſe comprehends all the various Attitudes, all the Poſtures, and all the different Motions attending divers Amuſements, or neceſſary to different Trades. The *paſſive* conſiſts in riding in a Carriage, ſailing in a Veſſel, or in being moved in any manner whatſoever.

The Ancients had invented a great number of Ways to exerciſe themſelves. It is a Practice rather neglected in our Days, although every

one

one acknowledges that the Diverſity of Exerciſes produces divers good Effects when uſed in Moderation. Running and Walking exerciſe the Legs and Thighs; Rowing in a Boat, the Arms, and the upper Parts of the Body; Singing, Speaking, and Reading aloud, exerciſe the Lungs, the Cheſt, and the Jaws; Dancing; Hunting; playing at Bowls, Skittles, Tennis, Billiards, or any ſuch Poſtures, exerciſe various Parts of the Body.

IT is the Uſefulneſs of the Diverſity of Exerciſes, that has always induced large and well regulated Cities to allot particular Play-Grounds, or Places for public Exerciſe, where Labourers and People who work at particular Trades, might at certain Hours of Recreation amuſe themſelves with a Variety of different Attitudes, in or-

der to prevent those Diseases which might arise from the particular Posture required in their Business, and continued without Remission. The Necessity of such a Place as *Moorfields*, in so populous a City as this, is therefore very obvious; and those who advised the Building of Streets upon that Spot, have perhaps not maturely considered the Advantages which accrue to the Health of the immense Number of People who resort there every Day. It is true, that some, instead of diverting themselves with a Variety of Postures, gather in Heaps to gamble; others stand gazing at a Mountebank; but all this might easily be prevented, by the Vigilance of those Magistrates, under whose Jurisdiction that Place immediately is.

THE best Exercise is that which gives

gives an equal Motion to all the Parts, provided it is moderate, not violent, nor too long continued. For it puts all the Muſcles into Action, it ſwells them, and thus it accelerates the Return of the venal Blood towards the Heart; which it ſtimulates into a ſwifter Contraction: Whence the Circulation of all the Humours becomes quicker, and from the increaſed Motion of the Solids and Fluids, the Digeſtion and Aſſimilation of our Food into healthy Humours is greatly promoted.

THOSE bodily Exerciſes which amuſe the Mind at the ſame time are more particularly ſerviceable; ſuch as playing at Bowls, Tennis, Fencing, and many others of that kind; which is confirmed by Experience: For thoſe who inure their Bodies to La-

bour by Hunting, Riding, gymnaſtic, warlike, or any other Exercises, will by this means acquire a ſurpriſing Strength; whilſt ſtudious Men who apply themſelves too cloſe to Study, and live a ſedentary Life, grow weak, ſickly, puny, and effeminate.

AMONGST the various Exerciſes of the Ancients, there is none ſo much taken Notice of by them as Chafing or Rubbing of the Skin; and they ſeem to have had ſuch a very particular and high value for Frictions, both for the Preſervation of Health, and the Cure of Diſeaſes, that a Man hardly paſſed a Day without it, either in Sickneſs or in Health.

FRICTION is a cutaneous Exerciſe, and an alternate Preſſure and Relaxation of the Parts of the Body

to

to which it is applied; when it is gentle, it preſſes the Veins only, but when it is ſtronger, it preſſes alſo the Arteries, and the vital Powers may thus be increaſed to almoſt any Degree, ſo as even to excite a burning Fever in the coldeſt dropſical Perſon by Friction only. Our Horſe-dealers know too well the Advantages ariſing from Frictions; for they never ſuffer a Horſe to ſtand in the Stable, even a few Days, without Dreſſing, Rubbing, and Bruſhing. The ſame Exerciſe might be of great Service to the human Body.

THE beſt Phyſicians agree, that in thoſe People, whoſe Viſcera from Inactivity are incapable of performing their Functions, rubbing the Belly with a Bruſh or Flannel in the Morning faſting, is of great Uſe. Some recommend

recommend Frictions made with warm, rough Flannel, impregnated with the aromatic Vapour of burning Amber, Maſtic, &c. proceeding very gently and by Degrees from gentle to ſtronger Frictions.

THE Frictions of the Ancients were often deſigned for quite oppoſite Purpoſes; for they uſed them in almoſt all Diſtempers; and they have given us many Rules and Diſtinctions for the uſe of them. They had therefore Frictions of ſeveral kinds, and when they intended to make the Part more lax, they rubbed it with ſoft oily Subſtances.

THE nobleſt of all Exerciſes, is Riding on Horſeback; of this the incomparable, and great *Sydenham*, who, like the Prime Miniſter of Nature

ture, taught us that the principal Duty of a Physician is to follow her Steps, had a very great Opinion, and he looked upon it to be as certain a Specific in the Cure of a Consumption as Mercury is in the *Lues Venerea*, or the Bark in Intermittent Fevers; provided the Case was not quite desperate, or before the Diarrhœa, so fatal in Consumptions, was joined to the Night-Sweats.

By this mixed Exercise, which is partly active and partly passive, the Viscera of the Abdomen, or the whole Contents of the Lower Belly and of the Breast, are gently shaken and rubbed every Moment one against another, in the same Time the Air acts on the Lungs with greater Force; which two Things together are capable of causing surprising Changes,

and

and of reſtoring the Tone of the Viſcera.

It is beſt to ride before Dinner, or after the Digeſtion is nearly performed. Weak People ſhould never ride on a full Stomach, for when it is diſtended, they cannot bear the rough ſhaking of the Horſe ſo eaſily; but when the Primæ Viæ are partly empty, this repeated Agitation and Concuſſion helps the Diſcharge of the remaining Feces.

Phthisical or Conſumptive Patients, ſhould not fatigue themſelves too much with Riding at firſt ſetting off, or at once: They ſhould begin gently, and increaſe their Journey's Diſtance and their Speed by Degrees. Thoſe who are ſo weak as to find riding on Horſeback too rough, might

might begin by travelling in a Carriage, or riding on an Aſs, till their Strength is increaſed, and they can bear the Exerciſe of riding on Horſeback better.

THE many Advantages of Riding have been taken Notice of by many Authors. *Fuller*, in his *Medicina Gymnaſtica*, relates divers Caſes, amongſt which his own is very remarkable, being a Train of nervous Affections brought on by the imprudent Application of Mercurials to cure a certain cutaneous Infection.

WE have every Day Inſtances of ſurpriſing Cures performed by Riding. A reputable Tradeſman of this Town, having for many Years been afflicted with a Phthiſis Pulmonalis, and taken divers Medicines to no Purpoſe, being

extremely

extremely weak, was ordered to ride every Morning at Six o'Clock three or four times round *Moorfields* upon an Aſs, till he grew ſtrong enough to bear the Exerciſe of riding on Horſe-back; he then took a Lodging in the Country, whence he rode to Town every Morning to attend his Occupation, and returned again at Night, obſerving a very ſtrict Diet in every other reſpect, during the Space of about Six Months, at the End of which time he was intirely recovered, and enjoys now a perfect State of Health.

EXERCISE in general is uſeful to every Age, Sex, and Conſtitution: *Sanctorius* recommends it to promote a diminiſhed Perſpiration; *Galen* allows it even to Old Age; and he ſays, that Idleneſs renders the Body dull,

dull, but Labour renders it ſtrong; the firſt brings on old Age before its Time, but the laſt preſerves us in a long Youthfulneſs. The Rocking of Infants in a Cradle has always been found of great Service to them, as well as exerciſing them in the Arms of their Nurſes; but nothing is of ſo much Service to them as Frictions, they prevent the Rickets, and often cure that Diſorder, when it has not been of long Continuance.

SAILING in a Ship, is, when the Veſſel moves with an even Motion, a very gentle Exerciſe that increaſes Perſpiration, enlivens the Spirits, creates an Appetite, and promotes Digeſtion. But when the Veſſel is toſſed about on a ſtormy Sea, the Effects of that terrible Element are ſeverely felt; for the ſtrongeſt Conſtitutions, even Sailors

lors uſed to the Sea, are then affected with a Giddineſs, Vomiting, great Anxiety, and ſometimes Fainting; not unlike the Effect of a ſtrong Poiſon. Which violent Commotions, though they are by no means ſuitable to weak People, have yet accidentally happened to prove, in Conſtitutions that could bear them, a Cure of ſome inveterate Diſorders.

ALL paſſive Exerciſes in general are beſt calculated for weak People, as they are thus exerciſed without any Fatigue; but it is neceſſary, as ſoon as their Strength will permit, that they ſhould further ſtrengthen their Bodies by muſcular Motion, ſuch as Walking, or any bodily Exerciſe; to which they muſt uſe themſelves gradually, or elſe they will ſoon relapſe into their former Complaints. This is often the

Caſe

Case in many chronic Disorders arising from too great a Laxity of the Fibres; particularly in hypochondriac and hysteric Cases. Girls who labour under a Chlorosis; if they are fond of a sedentary Life, and do not take particular Care to use muscular Exercise, and to keep up their Strength by active Motion, will relapse in a short Time, and become as pale as before.

CHAP. II. *Of* REST.

REST is the Opposite of *Motion*. It recruits and repairs the Spirits, gives new Strength to all the Limbs, when tired and fatigued by too much Motion, Labour or Exercise. It is therefore highly necessary

in all acute Diſeaſes, and more particularly thoſe that ariſe from Fatigue, or Exceſs of Motion. For the Cauſe that produced the Diſeaſe, or that might increaſe it, ought to be carefully removed, in order to effect a Cure: And there is nothing that ſo effectually tends to allay the too great Motion of the Blood and Humours, as Reſt of Body and Mind. It checks all inordinate Evacuations, and is of great moment to People afflicted with ulcerated Legs, or any Sores in the lower Part of the Body.

REST is more neceſſary in ſouthern or warmer Climates, and in Summer, than in cold northern Climates, and in Winter: For Heat relaxes the Body; but Cold braces up the Fibres, and renders the Body fitter for Exerciſe. There are ſome Nations in the hot

Regions

Regions on the Continent, who delight in Reſt or Idleneſs, and look upon it as the *Summum bonum*; imagining, that the Happineſs of a future Exiſtence will conſiſt in a State of perfect and abſolute Reſt.

THE *Hottentots* are ſo lazy that they will not even take the Trouble of Reaſoning nor Thinking; "To "think, ſay they, is the greateſt "Plague of Life."

THE *Caribbees* have the ſame Averſion both for mental and bodily Actions, and make their Wives do all the Work of the Family.

AFTER a full Meal Reſt is very uſeful till the Digeſtion is partly performed; for Exerciſe ſeldom agrees

with any Body when the Stomach is diſtended with Food.

IT is beſt to meaſure the Time and Quantity of Reſt by the Labour and Fatigue the Body receives; and a proper Medium ſhould be kept up between Motion and Reſt, in order to preſerve Health, and to arrive to a great Age. We know that this Medium is kept up in our Bodies, if they continue in a good State of Health for ſeveral Years, and of the ſame Weight. For if their Weight increaſes, with a Senſe of Dulneſs and Heavineſs, our Exerciſe is too little, and our Reſt too conſiderable. But if their Weight decreaſes, our Exerciſe is too great and our Reſt too little.

CHAP. III.

Of the Excess *of* Motion.

WE have hitherto explained and recited the Advantages arising from Motion and Reſt, when uſed in Moderation; let us now conſider the Hurt or Injury occaſioned in the human Frame by the Exceſs of either.

Excessive Motion increaſes the Velocity of the circulating Humours, and the native Heat, beyond the Limits neceſſary for Health; it thickens the agitated and attenuated Juices, by diſſipating their moſt ſubtil Parts; it communicates to the Blood an inflammatory Diſpoſition; it renders the ſaline and oily Parts volatile,

acrid, putrid, rancid, fetid, and unfit for Circulation.

THE Velocity of the rarefied Humours being increaſed, they are driven with a greater Force into the Veſſels, which by them are thus dilated beyond Meaſure, irritated, torn, broken, and deſtroyed. Whence the Humours ſtray into wrong Veſſels, bring on Pain, Inflammation, acute Fevers, Suppurations, Gangrenes, and Hæmorrhages, or by an Accumulation of the Blood in ſome of the vital Viſcera, a Suffocation, and ſudden Death.

YOUNG People, who are over-fond of Dancing, and frequently indulge themſelves with that Amuſement to Exceſs, may, from the above Conſiderations, eaſily judge of the immenſe Danger they expoſe themſelves

ſelves to by dancing whole Nights, with too much Violence, and without Remiſſion. Dancing is, when uſed in Moderation, perhaps the beſt Exerciſe that can be invented for young People; and it has often done more good in preventing and removing hyſteric and hypochondriac Diſorders, than the moſt coſtly Preparations of Medicines. But we may alſo venture to ſay, that the Exceſs of it has been the Cauſe of the Death of many.

A young Lady, who was remarkably fond of Dancing, fell a Sacrifice to this Exceſs; for after Dancing fourteen Hours without Intermiſſion, ſhe was ſeized with a violent Hæmorrhage, the Blood guſhing out at her Noſe, Mouth and Eyes, with ſuch Force, that ſhe expired before any Aſſiſtance could be given her.

A Gentleman, after dancing immoderately at a Ball at the *Hague*, was the next Morning very much surprized to find that he had intirely loſt his Hearing: He attempted in vain to recover it both by internal and external Applications; but he remains Deaf to this Day.

The Exceſs of Motion diſſipates the moſt fluid Parts of our Humours; the Loſs therefore ſuſtained in the Fluids, makes the Body grow dry and ſtiff; the Humours, now grown thick, can no more circulate through the ſmalleſt Veſſels; the Fat is diſſolved, returns into the Blood, and by the continual Attrition and Heat is rendered acrid and ſharp; and is expelled by the Emunctories: hence ſoon ſucceeds Leanneſs and Emaciation. The Juices which are intended

to

to nouriſh the ſolid Fibres, and are every where interſperſed; the Synovia, or that mucilaginous Liquor which keeps the Tendons and Joints ſupple, and facilitates their Motion, being dried up, the Joints grow ſtiff and rigid. The Digeſtion is not aſſiſted and ſupplied with a proper Quantity of Saliva and of gaſtric Juice. The Bile being rendered more acrid, infects firſt the *Primæ Viæ*, and next diffuſes its malignant Quality into the other Parts of the Body.

It appears therefore from what has been ſaid, that exceſſive animal Motion will corrupt the Solids and Fluids of the Body, in as violent a manner as if they were infected by Poiſon; that it will hurt at all Times, and almoſt every Conſtitution; yet it is moſt hurtful to thoſe who are of a

tender

tender Age, to the weaker Sex, to bilious, dry, and hot Conſtitutions; to plethoric, fat People, to thoſe who have a depraved State of the Humours; thoſe who are ſubject to any Hæmorrhage, or to Women inclined to miſcarry; to thoſe labouring under a Conſumption of any of the Viſcera; thoſe who are troubled with gravelly Complaints, or the Stone in the Bladder; and to thoſe who are not uſed to it, or who uſe it in very hot Weather, upon an empty or rather hungry Stomach, or who ſuddenly paſs from a State of Reſt to that of violent Exercife.

THE Injury done to the Muſcles themſelves by too much Exercife is not of ſo great Moment, as thoſe Ills which we have enumerated; the Muſcles themſelves are affected with a Wea-

a Wearineſs, Weakneſs, Tremor, Pain, Spaſm, and Unableneſs to Motion, all which Affections are remedied by Reſt. Hence *Hippocrates* obſerves, that whenever the Body begins to be indiſpoſed by any kind of Motion, Reſt immediately relieves the Wearineſs.

CHAP. IV.

Of the EXCESS *of* REST.

THE oppoſite Error is the *Exceſs* of Reſt. From this Exceſs Health is not leſs impaired than from the Error committed by an Exceſs of Motion; but this happens in a quite different manner.

THE want of Motion or too much Reſt, throws the moving Powers, and thoſe

thoſe Parts which ought to be moved, into a ſluggiſh and inactive State. The muſcular Force, from the diſuſing of Contraction, from the accumulated Fat, and from the Languor of the vital Influx, is diminiſhed, and even deſtroyed. The Joints loſe their Aptitude for Motion, their Ligaments grow ſtiff by abſolute Reſt; and they ſwell from the Accumulation of the liquid Humour which lubricates the Articulation.

In People who lead a ſedentary and inactive Life, the Circulation of the Humours being left only to the Force of vital Motion, and receiving no Aſſiſtance from Exerciſe or muſcular Motion, grows languid, firſt through the ſmaller Veſſels, and afterwards through the whole Syſtem; whence a Stagnation, Accumulation, and

and Thickneſs of the Humours; a leſſening of the native Heat; and all the Evils ariſing from diſturbed and interrupted Secretions and Excretions; a Plethora, a groſs Corpulence, a ſluggiſh, glutinous, watery, and cold Cacochymia, which renders the Body lax, ſoft, and feeble. The *Vis vitæ* languiſhes; the Spirits ſink; and at laſt come on leucophlegmatic and dropſical Diſorders of divers kinds, a dulneſs of the Senſes, and an entire Abolition of all the Functions. But above all, thoſe Parts contained in the Abdomen ſuffer moſt, the Organs of the firſt Digeſtion; particularly if the other Parts of Diet are alſo inconſiſtent with a ſlothful Life. For theſe Organs are then not aſſiſted by a brisk Reſpiration, external Motion, and gentle Shaking. They grow ſlow in their Motion, perform the Coction

of

of the Aliments but imperfectly, and propel them but ſlowly; whence a Corruption of their Contents, a deficient and vitiated Separation of the Chyle; an Accumulation of the Feces; Wind, Belching, Spaſms, Anxiety, and want of Appetite. The Belly grows hard, ſwelled, and coſtive. In Women the Menſes flow but very imperfectly, and at laſt not at all; the Face looks pale and bloated; thoſe lax Places under the Eyelids begin to ſwell; and as the Maſs of the Fluids to be moved daily increaſes, while the moving Cauſe decreaſes, they begin to ſwell all over, and are thrown into a leucophlegmatic Habit, when they are ſometimes pleaſed to think that they are growing fat.

In the Veſſels belonging to the Meſentery ariſe Obſtructions and an Accumulation

cumulation of the Juices which abound in thoſe Parts, and which cannot circulate properly without ſome foreign Help. There they ſtagnate, and become the Cauſe of many Diſorders.

THE Blood is not propelled ſo ſwiftly nor ſo often through the Lungs in a given Time; it loſes therefore the Advantage it ſhould receive from the inſpired Air, and from the Attenuation through the Lungs.

THE Vena Portæ which is obliged to perform the Office of an Artery, to carry the Blood into the Liver, has no Pulſe to aſſiſt the aſcending Blood in its Circulation; the Progreſs of it therefore through that Vein is very difficult, and it is rendered ſtill more ſo by Reſt and want of Motion; whence heavy Diſorders are generated,

particularly

particularly in Women, in the Syſtem of the Vena Portæ, in the Liver and in the Spleen, which are the Source of the Scurvy, Cachexy, Jaundice, Dropſy, hypochondriac and hyſteric Diſorders.

CHAP. V.

Of various ATTITUDES, *and of* STRAINING.

WE obſerved above, that Nature delights in Variety in all her Ways, and that a Variety of Exerciſes requiring different Attitudes, provided they were moderate, were alſo very uſeful to preſerve Health. It is very obvious from that Obſervation that any particular kind of Exerciſe or Motion, which requires always

ways the ſame Attitude, if long continued without Remiſſion, ought to be avoided, as it may become the Cauſe of Diſeaſes. This is confirmed by Experience; for we ſee (in *London*, as well as in all large Towns) People who uſe but moderate Exerciſe, ſubject to different Diſorders, ariſing from the particular Poſtures required in their Buſineſs. Some being obliged to ſtand all Day, ſome to ſit with their Faces bent to the Ground, or double with their Backs bent; ſome are obliged to run, others to ride, or to various Sorts of Exerciſe.

STANDING, when it is long continued, loads the lower Parts with Humours, as they cannot ſo eaſily aſcend to return to the Heart; which is the Reaſon why Trades-People who are obliged to ſtand all Day are ſubject to oedematous Swellings, Varices,

and Ulcers. This Poſture will alſo injure the Loins, the Hips, the Kidneys. It hurts the Genitals, and ſometimes occaſions a Piſſing of Blood. It occaſions Ruptures in the Groins, and other Ruptures diſtinguiſhed by the Names of *Herniæ Crurales*, *Herniæ Femorales*, &c. In Women, a Flux of the Womb, the Whites, Abortion, a *Prolapſus Uteri*, or of the Vagina; particularly, if they carry or lift up any Thing that obliges them to ſtrain.

A Woman-Cook, who otherwiſe enjoyed a very good State of Health, from her being obliged to ſtand all Day upon her Legs, was cruelly troubled with a Prolapſus of the Vagina, which could by no Means nor Method be perfectly cured, till ſhe left off cooking, and took to another Occupation,

pation, which ſhe could perform in a ſitting Poſture.

IT is moſt adviſeable for all ſuch People who are obliged to ſtand at their Work, to ſhift their ſtanding Poſture as often as they conveniently can, by ſitting now and then, or walking, or moving the Body any way; and at their leiſure Hours, when they are releaſed from Labour, they ought to exerciſe themſelves in various Poſtures, different and oppoſite to that required in their Buſineſs. There is nothing that tires ſo much as the continual and uninterrupted Action of the ſame Muſcle, and Nature delights in an alternate Succeſſion of Action, in almoſt all our natural Functions: For if we fix our Eyes too long and ſteadily upon the ſame Object, or liſten to the ſame Sound

or Noiſe, or are expoſed too long to the ſame Smell, we feel an Uneaſineſs, which ſhews that Nature is beſt pleaſed with a Variety and Change. Beaſts ſeldom ſtand long upon their Legs without ſome Motion, or they will ſometimes reſt one Foot while they ſtand upon the others.

THERE is a blind Man who ſtands at the Back-door of a Nobleman's Houſe near *Lincoln's-Inn-Fields*, who by mere Inſtinct always keeps his Feet in Motion, and upon the Step of the Door is conſtantly deſcribing, by a very ſhort March, the Figure of a Triangle; which gentle Motion ſecures him from the Inconveniencies of ſtanding ſtill.

IT is not ſurpriſing at all that ſtanding ſhould fatigue more and make one

one more faint than walking, for as in ſtanding ſtill there is no muſcular Motion to aſſiſt the Veins in returning the Blood to the Heart, it muſt naturally occaſion a Faintneſs. This is the Reaſon why Women who cannot get a Place to ſit down in Churches frequently faint away.

SITTING, although it fatigues leſs than ſtanding, is by no means wholeſomer, particularly when the Body and the Knees are bent. People who write much in a ſitting Poſture, Trades-People who lead a ſedentary Life, and in general all Men and Women who work in a bending Poſture of their Body, feel the Effects of this Attitude very ſeverely; for beſides the Diſorders ariſing from too long ſtanding, which it will equally occaſion in the Kidneys, Hips, and Loins;

it will bring on a Bending of the Back, a Crookedneſs, a Numbneſs in the Thighs and Legs, and many Diſorders in the abdominal Viſcera. Weavers, Taylors, Shoemakers, and many others, are ſubject to ſeveral Diſorders occaſioned merely by their ſitting Poſture with the Body bent forward. It is from that Cauſe that Women who lead a ſedentary Life, and who are in a ſitting Poſture all Day, are afflicted with many Affections, which ſhew that the abdominal Viſcera are injured, and do not perform their Functions. How many young Girls do we ſee every Day, afflicted with a Train of hyſteric Symptoms in the Green Sickneſs, attended with a Lazineſs and Inactivity, which are always both the Cauſe and Symptom of the Diſeaſe? which is not a little increaſed by lacing their

their Stays too tight, in order to make them have a fine Shape.

LYING, too long continued, is very injurious to the Kidneys and their Veſſels; it cauſes there Obſtructions, and Inflammations; and prevents a proper Secretion, Propulſion, and Excretion of the Urine: Whence a mucous Sediment in the Urine, which is often ſeen after long Diſeaſes that have confined the Patient in a lying Poſture; Sand, Fragments of Stones, and all their Conſequences. This horizontal Poſition of the Body hurts alſo the Head, by filling it with Humours; whence the Head-ach, Diſorders of the Eyes, Bleeding of the Noſe, a Dulneſs, Giddineſs, Sleepineſs, and ſuch like.

MISS *M. P.* after a Diſappoint-

ment in Love, had taken to a melancholy Turn, and although her Mind could not be ſaid to be any ways diſordered, yet, ſhe had ſuch an invincible Propenſity to lie in Bed, that ſhe could not be prevailed upon to riſe ſometimes for ſeveral Days. This rendered her ſtill more dull, drowſy, and ſleepy; it alſo brought on a ſlight Head-ach, and ſore Eyes, which ſhe then was glad to make a Plea for her lying in Bed ſo long. But her Phyſician adviſed her Friends, unknown to her, to rub the Sheets of her Bed with ſliced Squills, or Sea-onions, which cauſed an intolerable itching all over her Body; and being made to believe that it was the Effect of lying ſo much in Bed, ſhe took a ſudden Averſion to it, which had ſo good an Effect, that ſhe gradually recovered her Health, and her former Serenity of Mind.

A ſudden, violent and long continued Contraction of the Muſcles, without Remiſſion, attended with the keeping in of the Breath, which happens when one is Straining, does often produce grievous Affections; for the Oeconomy of the containing Veſſels and of the contained Fluids, is by that Action ſurpriſingly changed, particularly when the Breath and Air are kept in the Lungs, and the Circulation of the Blood through them is thus prevented: Whence the Muſcles and Tendons are as it were forced out of their Places; different kinds of Luxations, Sprains and Ruptures are brought on: We have even ſeen Fractures of the Bones occaſioned by mere muſcular Action, without any external Force. It is certain that the Straining of the Muſcles will cauſe ſtrange Errors in the Fluids and their Veſſels,

Veſſels, which may produce an Anaſtomoſis, or an Inoſculation of the Veſſels, that is, a mutual opening of one Veſſel into another; a Diapedeſis, or a Tranſudation of the Fluids through the Sides of their containing Veſſels; a Diæreſis, or a Solution of Continuity; an Aneuryſm, or a Dilatation of the Coats of an Artery, whereon the Blood makes a great Tumor under the Skin, eaſily yielding to the Preſſure of the Finger, and ſoon returning when it is taken off, with a manifeſt Pulſation, happening moſt commonly in the Carotid Arteries; a Varix or Tubercle of the Veins; a Bleeding of the Noſe; a Spitting of Blood; bloody Urine; black Spots; flatulent Tumors, and others; beſides innumerable Ills, the Conſequence of thoſe Things now enumerated.

In large Cities, like this, there are many Trades which require much Strength, and expoſe their reſpective Followers to a great deal of Straining. Porters, in particular, who carry great Weights upon their Shoulders, are ſubject to many of the Diſorders we have taken Notice of here as the Conſequence of Straining; they are often rendered Aſthmatic, and affected with an Adheſion of the Lungs to the Ribs, occaſioned by their keeping in their Breath. There are other Trades-People who are employed in ſmall minute Things that ſtrain the Eyes: Theſe, beſides the Inconveniencies of a ſedentary Life, are frequently ſubject to a Diſeaſe, and a Weakneſs of the Eyes, called *Myopia*. Watch-makers, Jewellers, Painters, and in general all thoſe who are concerned in very fine Pieces of Workmanſhip, are greatly

greatly afflicted with this Weakneſs of the Eyes, and many are almoſt Blind before they arrive to old Age. There is but one Method that can prevent thoſe Misfortunes, and Calamities which are intailed upon theſe Artiſts; it is, to refreſh the Eyes now and then with a Diverſity of Objects, ſome near, ſome afar off, ſome in a direct Line, others obliquely; and in ſhort, all manner of Ways; for by this means the Ball of the Eye will ſometimes be contracted, and ſometimes dilated, which will preſerve the natural Diſpoſition of the Eye. But moſt of the Work-Shops of this kind here in *London*, for the Sake of a good Light, are upon the Tops of the Houſes, where the Workmen have no Objects before them that can invite them to this Diverſity of Action of the Eyes: This Advantage therefore

fore can be obtained only by their ſettling in large open Streets, or Roads, where they can work upon the Ground Floor, and have the Advantage of intermitting now and then from their Work, to refreſh their Eyes by viewing the various Objects before them.

FROM what we have ſaid, it is eaſy to underſtand, what Injury too violent a muſcular Action of any one particular Part may occaſion in the Part itſelf, or by Conſent in other Parts: What will be the Conſequence of a continued Cough, too much Laughing, Sneezing, Yawning, or Gaping, Declaiming, Bawling, Singing, Playing upon Wind-inſtruments, Dancing, Wreſtling, Tumbling, carrying Burdens upon the Back, and many other Motions of divers kinds; which, in Moderation,

Moderation, are all of ſome Advantage, and only hurt from Exceſs.

THIS is confirmed every Day by Experience: It is, for Example, a common received Opinion, that playing upon Wind-inſtruments is greatly injurious; yet, when it is practiſed in Moderation, it may be of great Service. A Gentleman who had very weak Lungs, learned to blow the French-horn, which had ſo good an Effect, that from that Time his Lungs have acquired a ſurpriſing Degree of Strength; and he enjoys now a much better State of Health than he did before.

THERE is one kind of Exerciſe which is greatly in vogue in this Iſland; it is Hunting; which is ſuch a Sort of Exerciſe as *Galen* recommends,

mends, when he ſays, that the beſt Exerciſe is that which does not fatigue the Body too much, and gives at the ſame Time Pleaſure to the Mind. *Mercurialis*, in his Treatiſe *Of Gymnaſtic Exerciſes*, ſpeaks very much in praiſe of it. He introduces the Teſtimony of *Rhacis*, an *Arabian* Phyſician, who ſays, That at the Time of a Plague, which ſwept almoſt every Body away, thoſe who were uſed to Hunting, were the only Perſons who eſcaped that Diſeaſe. Both the Ancients and the Moderns have always held it to be a noble Exerciſe, fit to inure the Body for warlike Exploits: The Latin Word *Venatio*, was taken in a very full Senſe, for it meant, Hunting, Sporting, Fiſhing, and in general every Act of Hoſtility committed againſt the Brute Creation; which furniſhes divers Degrees of Motion,

tion, from the moſt gentle, ſuch as Angling, to the moſt rough and violent, ſuch as Fox-hunting. Thus that Exerciſe, from an agreeable and gentle Amuſement, may be increaſed to a violent and fatiguing Labour.

FISHING requires the leaſt Motion, either in Angling from the Land or any other Method on the Water; and therefore it is moſt convenient to thoſe who cannot bear a rougher Exerciſe; yet as the Air about and on the Water is generally moiſt, it may bring on, when too long and too eagerly purſued, thoſe Inconveniencies mentioned when we ſpoke of the *moiſt Air*.

SPORTING or Shooting exerciſes the Body much more than Fiſhing, and in Sporting there is no Danger of breaking

breaking one's Neck; but it fatigues and heats more than Hunting, although the Motion is not ſo violent: When it is moderate, it creates an Appetite, and corroborates the Legs and Thighs. It is fitteſt for healthy, ſtrong and young People; but it does by no means ſuit infirm Old Age; and even in the Strongeſt, when too eagerly attended to, particularly when ſome Sportſmen will purſue it whole Days without Eating or Drinking, it muſt bring on Diſorders ariſing from Abſtinence from Food, joined to thoſe cauſed by the Exceſs of ſtrong Exerciſe.

HUNTING on Horſeback, is attended with all the Advantages already conſidered, when we ſpoke of *Riding*: It has always been the general Opinion of Phyſicians, that it is good for the Lungs, Stomach, Inteſtines, and

Back: But it ſhould be avoided by thoſe who are ſubject to the Head-ach; by thoſe who are threatened with a Rupture of ſome of the Veſſels in the Lungs; thoſe who have any gravelly Complaints; and thoſe who are any ways inclined to Ruptures of any kind. It has been obſerved, that Riding on Horſeback brings on a convulſive Catching of the Upper Eyelids, which is by the common People called live Blood.

AMONGST Exerciſes we may alſo place *Electricity*, which exceeds every Method hitherto known, to excite the quickeſt and moſt powerful Motion in the various Parts of our Bodies. When the electric Force is applied with proper Caution and Judgment, it may be of infinite Service; for it ſeems that much may be done with it in the Cure of many Diſeaſes, and that the Extremes of Relaxation

laxation and Conſtriction in animal Fibres may often be remedied by Electricity.

CHAP. VI.

Of the COLD *and* HOT BATH.

BEFORE we finiſh this *Section*, it may not be improper to ſay ſomething upon Bathing, as it may very well be conſidered as a kind of Exerciſe and Amuſement.

THE *cold Bath* is ſo much in Faſhion that it requires no great Recommendation: The Generality of People are perhaps too much prepoſſeſſed in favour of it, and pretend that it is a Cure for almoſt all Diſeaſes. Sir

John Floyer recommends it in about Fourſcore Diſtempers, acute or inflammatory, and chronic. There are indeed many Diſeaſes where the cold Bath may be very uſeful to complete a Cure; but when the Viſcera are any ways unſound, the Uſe of it may be very dangerous, as well as when it is uſed by fat and corpulent People.

The *hot Bath* is perhaps as much neglected here in *London*, as the cold Bath is too liberally and indiſcriminately uſed, and yet it is attended with many more Advantages. The Ancients knew extremely well the wonderful Uſe of hot Baths of divers kinds, and applied them ſucceſsfully to many Diſeaſes.

We know that Heat relaxes; and that cold contracts and braces up our Bodies.

Bodies. This muſt neceſſarily render the Effects of the warm Bath very different from thoſe of the cold.

WHEN *Auguſtus* was old, and laboured under many Infirmities, occaſioned by a lax State of the Fibres, his Phyſician ordered him the cold Bath, and to drink cold Water. This ſucceeded; the Emperor was cured, and *Muſa* the Phyſician was amply rewarded. But the ſame *Muſa*, who ſeems to have been one of the firſt Phyſicians who introduced the cold Bath into the Practice of Phyſic, and, like many others, was perhaps too much prepoſſeſſed in Favour of his new-invented Remedy, recommended it to *Marcellus*, the Emperor's Nephew, who was young, and whoſe Fibres were rigid and elaſtic; this

killed the Prince, and leſſened the Fame of *Muſa*.

THERE are, however, many Diſeaſes which are ſometimes carried off as well by the cold Bath as by the hot or warm; and ſometimes indeed more ſpeedily and effectually, but not ſo ſafely. This has perhaps induced the Moderns to give the Preference to the cold Bath, which requires no Apparatus, cold Water being eaſily procured without Trouble and at leſs Expence than hot.

THE Rheumatiſm, external and cutaneous Diſorders, for Example, are cured by the cold Bath, which forces the peccant Matter diſcharged upon thoſe external Parts, to return into the Veſſels from which it came, and from thence to paſs off through

different

different Outlets. The warm Bath will often ſucceſsfully cure the ſame Diſorders, by carrying off the peccant Matter, and procuring, when continued for a certain Time and of a proper Degree of Heat, a total Diſcharge of it from the Body by Perſpiration.

Particular Care muſt be had, leſt by too great a Degree of Heat of the Bath, the Body be ſo overheated as to diſcharge too much Sweat; which bad Practice would bring on Faintings, the Head-ach, Wearineſs of the whole Body, Torpor of Mind, Dryneſs of the Mouth, and Thirſt.

The warm Bath by its Moiſtneſs relaxes the Fibres and Pores of the Skin, it opens the infinite Number of ſecretory Orifices on its Surface, and clears the cutaneous Ducts of any Matter

that may obſtruct them. Rheumatic, arthritic, paralytic, cutaneous, and many other Diſorders, are cured by bathing in warm Water or naturally warm Springs, which is, in fact, more a Pleaſure than a Medicine.

Hot Baths, by their Warmth rarify the Blood, increaſe the Contraction of the Heart and Arteries, render the Pulſe fuller and quicker, accelerate the Circulation of all the Humours, even through the remoteſt Parts of the Surface of the Body; and when after the Bath the Patient is put into a warm Bed, he diſcharges a great quantity of Serum from the opened cutaneous Outlets. In many Diſorders of the Womb, the hot Bath has been found to be of infinite Service. It is of great Efficacy in the *Lues Venerea*, even when this Diſorder

der is attended with the moſt dreadful Symptoms; but the Patient muſt go into it every Day, and ſometimes twice a Day; from thence into Bed to ſweat, for the Space of three Weeks, a Month, and ſometimes longer, or till the Symptoms begin to diſappear; the Body having been firſt prepared by Veneſection and Laxatives; proper Mercurials are alſo duly given, but not ſo as to excite a Salivation.

THERE is nothing ſo ſalutary in the Leproſy, the Elephantiaſis, and the common Itch, as the hot Bath, aſſiſted with proper alterative Medicines. A Lady, who from the Age of Eleven had gradually contracted a cutaneous Diſeaſe, which had now, when ſhe was thirty Years of Age, all the Appearance of a Leproſy, after having tried in vain for ſeveral Years many

many quack and regular Medicines, was ordered to go through a long Courſe of the hot Bath, taking at the ſame Time proper Alteratives prepared from Antimony. This had the deſired Effect; the Lady was cured, and ſhe remains free from her former diſagreeable Complaints.

We ſhall conclude with one more Obſervation, *viz.* That the Uſe of Chalybeates, and of the Peruvian Bark, particularly in a liquid Form, is greatly aſſiſted by the hot Bath; their Operation having been found to be thus rendered ſafer, and more effectual.

SECTION

SECTION V.

Of SLEEP *and* WATCHING.

CHAP. I.

Of the Effects of SLEEP.

NIGHT, when all Nature is in a profound Tranquillity, naturally invites us to ſeek for Sleep, that balmy Reſtorative of Body and Mind, and the only means to remove the Incapacity and Inability of the animal Organs to perpetuate the animal, rational and voluntary Functions, brought on by the Fatigue of the Day.

SLEEP is a natural Ceſſation of all external Perceptions, neceſſary for the Preſervation of the animal Oeconomy. The Cauſe of ſuch an extra-

ordinary

ordinary State, in which the external Senſes are thus overcome, has been the Object of the Inquiries of many Philoſophers. It certainly appears to proceed from a Diminution or Ceſſation of the Influx of the animal Spirits or nervous Fluid, from the Brain into the Organs of Senſe. But how this comes about, and what in reality the Impediment is that prevents the nervous Influence from the Brain into the Organs of Senſation, is a Matter not yet clearly underſtood; nor is it our Intention here to ſet it in a clearer Light; our Object is only to ſhew that Sleep was intended to recruit and refreſh our Bodies; which will appear very plain, from the many ſalutary Effects it produces; one remarkable Inſtance of which, thoſe who are concerned in fattening Animals, are very well acquainted with; for to do it

ſpeedily,

ſpeedily, they keep them conſtantly free from Motion, feed them to the full, and induce them to Sleep, by confining them in dark Places.

AFTER our daily Exerciſe, and Fatigue of Body and Mind by Hearing, Seeing, Moving, Thinking, Speaking, and uſing all our Faculties different ways, Providence, kind Providence, has indulged us with this nocturnal Reſt, Sleep, the ſpecific Remedy of Wearineſs, which recruits our Forces, invigorates our Spirits, and concenters the Heat to the internal Parts. Whence the Coction of the Aliments, the Aſſimilation of all the Humours all over the Body, the Functions of the Stomach and of all the Viſcera are performed happily and without Interruption; all the Parts are gently and agreeably moiſtened

and

and relaxed; the Loſs that was ſuſtained, and occaſioned by the Actions of the Senſes and our voluntary Motions, is repaired; and we find in general that a Man who is tired with the Labour of the Day, riſes cheerful the next Morning, after ſuch a Sleep as is proportioned to his Health: Even after Bodies have been waſted by violent acute Diſeaſes, long Sleep will frequently reſtore them to a perfect State of Health in a very ſhort Time.

As the Coctions are beſt performed in Sleep, it muſt follow that there will be a greater Quantity of good Blood made, the natural Heat will be increaſed; the Body will grow ſtronger, Cares will be baniſhed, Anger appeaſed, and the Mind rendered calm and ſerene.

SLEEP is one of the greateſt Refreſhments to Children; and we ſee that new-born Infants, when they are well, are almoſt always aſleep: But if from any Pain, or other Cauſe, their Sleep ſhould be conſtantly interrupted or quite baniſhed, they will in a few Days, although they were fat at their Birth, become lean and emaciated; their Strength will be conſumed; and from this Cauſe alone many periſh at their entrance into Life.

MANY Animals live all the Winter retired and aſleep, without any Food; ſome under Ground, others in hollow Trees, &c. as we are told of the Swallow, the Batt, the Squirrel, the Dormouſe, the Marmot, and ſeveral kinds of Inſects.

SLEEP ſtops all immoderate Evacuations,

cuations, except cutaneous Excretions, which it promotes, and in particular Sweat and Perſpiration. It agrees extremely well with old People; and indeed there is nothing that can moiſten their dried-up Conſtitution ſo well as Sleep. It is of infinite Advantage to the Sick; for it greatly repairs their Strength, helps to concoct and excrete the morbific Matter, and eaſes their Pains. It has always been found of ſignal Service in the Phrenzy, Melancholy, Madneſs, in alvine Fluxes and Diarrhœas; and in peſtilential, putrid, and malignant Diſeaſes, it is reckoned a good Sign. *Sydenham* recommends it to gouty People, particularly in the firſt Part of the Night; and he adviſes them to go to Bed betimes, and to riſe early in the Morning. In a periodical Mania, attended with a Wakefulneſs, after having tried many

means,

means, an antimonial Vomit was preſcribed, ſix Cupping-glaſſes were applied to the Head, with Scarifications, and the Patient was made to drink every Hour of a ſleepy Mixture, till Sleep could be procured. This had the deſired Effect, the artificial Sleep carried off the Madneſs, and the Patient awaked perfectly reſtored, with a calm and ſerene Mind, without any Remembrance of what had happened during the State of Madneſs.

CHAP. II.

Of the proper Time for SLEEP.

THE proper Time for Sleep, certainly is Night; in this we may aſſure ourſelves, that we agree

with all Nations, even with thoſe Individuals who, by an intolerable Abuſe, turn Night into Day; for they cannot nor will not pretend to excuſe their Folly by any contrary Arguments: All they can ſay, is, that they are become Slaves to a bad Cuſtom, which hurts them leſs becauſe from Uſe it is now like a ſecond Nature. *Hippocrates*, and all the Ancients, agreed, that Night was the moſt proper Time for Sleep; whoever deviated from that Rule always found it for the worſe; for though we may allow the ſame Space of Time for Sleep, yet the Effects of Reſt enjoyed before Midnight, or during the Abſence of the Sun from us, are very different from the ſame number of Hours Reſt in the Day-time. This many People have experienced, even when they have ſpent the whole Day in Sleeping, after keeping

ing awake the preceding Night in Dancing and Revelling; for they riſe, notwithſtanding this long Sleep, fatigued, heavy, and incapable of applying to their uſual Occupations. This true Topers are well acquainted with; and they will ſooner get drunk betimes and go to Bed, than ſit up ſober all Night.

THE Vapours, Fumes, and Exhalations contained in the Air, are conſtantly and perpetually falling nearer the Surface of the Earth after Sunſet, or in the Night-time; theſe our Bodies ſuck and draw into them, through the Mouths of the inhaling Veſſels and Pores of the Skin, which muſt prove very injurious to thoſe who ſpend the Night in a State of Watchfulneſs, and more ſo if expoſed to the Air.

WHEN our Sailors go to the *East-Indies*, they gradually gain upon the Day, till, when they come to *China*, they riſe about the Time that People in *London* go to Bed; yet they are by no means indiſpoſed in their Health by that Change, becauſe they ſtill keep to the Time appointed by Nature to take Reſt; namely, the Night; which plainly ſhews, that the Advantage we receive from Sleep, does not ſo much depend upon the Number of Hours we reſt out of the Four and twenty, as upon that particular Time, namely, Night, or when the Sun is abſent.

TWO Colonels of Horſe in the *French* Army having argued much for and againſt the Advantages of marching in the Night, and reſting their Troops in the Day; they both

obtained Leave from the General so do in that respect as they thought proper; one of them, although it was in the Heat of Summer, marched in the Day, and rested at Night, and arrived at the End of a March of Six hundred Miles, without the Loss of either Men or Horses: But the other, who thought it would be less fatigueing to march in the cool of the Evening and Part of the Night, than in the Heat of the Day, at the End of the same March had lost most of his Horses and some of his Men.

WE need not look far to find many striking Instances of the Necessity of Sleeping in the Night, and of reserving the Day for Labour and Action; for we see, that Country People who go to Bed betimes, and frequently soon after Sun-set, although they rise

again with the Sun, after but a few Hours Reſt, are generally healthy and ſtrong, whilſt moſt of our *London* and Towns-People, who keep awake till Midnight, and paſs a proportional Part of the next Day in Sleep, are wan, pale, and always ailing.

Our wiſe and healthful Anceſtors uſed to breakfaſt about Six or Seven in the Morning, dine about Eleven or Twelve, take an Afternoon's Luncheon at Three in the Afternoon, ſup about Six or Seven, and go to Reſt about Nine or Ten. But how can the modern Inhabitants of *London* expect to enjoy the ſame Share of Health, with their irregular and late Hours?

Mrs *M.* is a Widow Lady of a conſiderable Fortune; ſhe breakfaſts about Two o'Clock in the Afternoon, dines

dines at Six, Seven, and ſometimes at Eight, drinks Tea immediately after Dinner; as for Supper, there is none regularly appointed in her Family; and ſhe often ſees the Sun riſe before ſhe goes to Bed. Though ſhe has been afflicted with many Complaints, proceeding from no other Cauſe than this Irregularity, and though ſome of her Servants and Attendants have at different Times fallen a Sacrifice to the Want of Reſt at Night, their Health having been totally ruined and deſtroyed, and they died of a Conſumption; yet, ſuch is the Force of a long contracted Habit and Cuſtom, that ſhe cannot be prevailed upon to quit it.

WHETHER Sleep is proper ſoon or immediately after a Meal, is a Queſtion that has been much contro-

verted. *Hippocrates*, and moſt Phyſicians after him, agree, that it is a bad Practice, that it hurts the Senſes, and the Nerves, and occaſions many Diſorders in the Head. The Sleep beſides is not ſo eaſy, and the Repletion of the Stomach, communicated to the Brain, makes it reſtleſs and full of chimerical Dreams. They therefore recommend it a few Hours after eating; but it is by no means adviſeable upon a quite empty or an hungry Stomach, for it weakens, and extenuates the Body, and occaſions a Depravation of the Juices in the Stomach, and the Organs of the firſt Digeſtion. In all this, however, we muſt allow a great deal to Cuſtom. In many Southern Climates it is a common Practice to take a Nap in the Middle of the Day, or immediately after Dinner, for they dine very early. *Homer* ſays,

ſays, that *Neſtor* always ſlept a little after his Meals. *Galen* allows it to old People. In our Climate we find it agrees with many, who cannot live without it; but there are more to whom it would prove injurious, and it is frequently obſerved that plethoric Perſons, or ſuch as are very Corpulent, when they can hardly be kept from ſleeping after Meals, are often ſeized with the Apoplexy; for a Sleepineſs is frequently in them a Forerunner of this Diſeaſe, and they ought to be rouſed from it. There is nothing that reſembles more an apoplectic Fit than profound Sleep, particularly in People who have been exhauſted by Labour, or by long Watching. Baron *Van Swieten* ſays, that he knew a valiant Warrior who in a Town that was beſieged had no Sleep for Eight and forty Hours; at laſt,

wrapping

wrapping himſelf up in his Cloke, he lay down upon the Ground, between two large Cannons, which were firing continually; yet neither the Noiſe of the Soldiers, nor the terrible and almoſt continual Roaring of the Cannons, were able to rouſe him from a very pleaſant Sleep, which he enjoyed for Ten Hours. The Baron further ſays, that he has ſeen Caſes where Veſſels full of boiling Water have been put under the Bed-clothes, to defend Perſons from the violent Coldneſs of the Weather, that their Legs have been miſerably burnt, without the Pains having awaked them, being buried in a profound Sleep.

THE Friends of that Cuſtom of taking a Nap after Dinner, tell us, that the Wholeſomneſs of that Practice is dictated by Nature, provided it be

not

not carried too far, ſince all Animals appear ſleepy after Meals: And if Perſons go to Reading then, they are heavy and drowſy, and do nothing as they ought; and therefore it is better to ſleep for about a quarter of an Hour, and then, being refreſhed, to return to Labour.

PLATERUS, who was formerly a famous Phyſician, being asked by his Prince, in a Conſultation of other Phyſicians at the *Spa*, whether it was moſt wholeſome to Sleep before or after Dinner, gave his Opinion, in Oppoſition to all the other Phyſicians, in favour of the latter; becauſe he himſelf had lived to the Age of above Seventy Years, free from Diſeaſes, and every Day took a Nap in the Afternoon, meaning after his Dinner; but his Opinion appears quite partial, and

only

only relative to his own Conſtitution. We muſt therefore conclude, that, like many other good Things, that Practice is not generally but only relatively good or bad. They are certainly very injudicious or imprudent Phyſicians, who only recommend or diſcommend in general what agrees or diſagrees with their own Conſtitutions, without conſidering how much Conſtitutions differ.

CHAP. III.

Of the Place and Poſture for SLEEPING, *and the Quantity of* SLEEP.

THE Ancients were very particular about the Place to ſleep in, and in their Palaces and great Buildings

Buildings had particular Apartments intended for that Purpoſe: They were dark, ſhaded from the Rays of the Sun and Moon, temperate as to Heat and Cold, rather inclined to Coolneſs than Heat and Dampneſs; for it is not ſo well to ſleep in a very warm Place, as it makes one faint, and relaxes the whole Syſtem too much; for in ſuch a Caſe a Perſon lies in a Bath of Vapours, which the great Heat cauſes to exhale from his own Body. People here in *London*, are in general very careleſs about the Places or Rooms they ſleep in; many Houſes having Beds, from the Cellars to the Garrets, upon every Floor: but the worſt is, when People inhabit new Houſes too ſoon, which is often the Caſe in this Metropolis.

Mr. ***, after acquiring a large Fortune in Trade, built himſelf a very convenient Houſe in one of the genteeleſt Parts of the Town; but he was too eager to get into it, and, contrary to the Advice of his Phyſician, he occupied it almoſt as ſoon as it was finiſhed. In a very ſhort Time, the Dampneſs of the Houſe affected his Lungs, and he lingered ſix Months without any Hope of his Life; but having removed into a warm and dry Situation in the Country, he is now happily recovered.

It is generally bad to lie in the open Air; yet we ſee many common People, particularly in the Country, who in the Day take a very comfortable Nap upon the Graſs without any Inconveniency. But to ſleep in the Night-air is extremely bad; few can

do

do it without injuring their Health, particularly in these Climates. It is therefore always imprudent here in *England* to lie in a Room with the Windows open, some have paid with their Lives for the Experiment.

A Young Lady, of Beauty, Fortune, and great Merit, who was to have been married in a few Weeks to an accomplished young Gentleman in the Navy, lay in the Heat of Summer in a Room where the Window by Mistake of the Maid had been left open; the next Morning she was seized with an inflammatory sore Throat, attended with such violent Symptoms, that, notwithstanding all the Assistance she had from two Physicians, she died in three Days.

UPON the Coast of *Guiney*, and

many others, it is accounted certain Death to lie and sleep all Night in the open Air.

THE best Posture for lying is on the right Side, particularly when there is yet any Food in the Stomach; for it will then naturally fall towards the Bottom of the Stomach; but when the Stomach is empty, or after the first Nap, lying a little upon the left Side, or changing Postures, sometimes upon the Right, sometimes upon the Left, seems the most salutary. The worst Posture is lying on the Back, for it has been observed to bring on many dangerous Complaints, as the proper Influx and Reflux of the nervous Fluid from the Head through the spinal Marrow, is not so well performed. *Hippocrates* particularly condemns lying and sleeping

on

on the Back, as it brings on a Diſorder called the *Night-Mare*, the Apoplexy, a Stupor, Diſorders of the Kidnies, and many others.

As to the *Quantity* of Sleep, it is impoſſible to give a general Rule that will ſuit every Conſtitution: Some require more Sleep, others leſs; every one ought in that reſpect to judge for himſelf; whilſt the Body feels fatigued, heavy, ſtiff, and dull, it requires more Sleep; but when the Body upon waking feels refreſhed, and inclined to Activity, it is Time to riſe, and to return to our daily Occupation. The Quantity of Sleep ought therefore to be meaſured according to the Conſtitution, Age, Nouriſhment, and Exerciſe. Bilious Conſtitutions require more Sleep than thoſe that are pituitous; for Sleep increaſes the

Pituita, and moiſtens and relaxes the Fibres. For the ſame Reaſon old People, whoſe Fibres are dry and rigid, require alſo more Sleep than young ones. Great Eaters ſhould ſleep more than thoſe who eat but little, becauſe the Coctions are beſt performed in Sleep. Thoſe who exerciſe their Body and Mind much, require alſo more Sleep than thoſe who exerciſe it but moderately or very little.

MANY are of Opinion, that in general, ſeven or eight Hours are a ſufficient Time to ſleep. *Galen* extends it to nine, as the greateſt Number of Hours we ſhould at one Time allow to Sleep. The Truth is, that the Duration of Sleep ought to be regulated by the Refreſhment received from it; for the Exceſs of it may be equally as injurious as the Want of it.

CHAP.

CHAP. IV.

Of the Exceſs of Sleep, *and of ſleepy Affections.*

THE Exceſs of Sleep brings on a Sluggiſhneſs, and Dulneſs of all the animal Functions; *Hippocrates* ſays, that long Sleep by its Warmth diſſolves the Fleſh, and by its diffuſing Quality reſolves and weakens the whole Body. It is very certain, that too much Sleep renders the Body, and even the Mind itſelf, unfit for any Action. It blunts and deſtroys all the Senſes and moving Principles. From the Lentor of the Circulation which it brings on, follows Fatneſs, a bloated Habit of

Body, a cold Spiſſitude of the Humours, a leucophlegmatic Diſpoſition ending in a Dropſy, a Stuffing of the Head, a Suſpenſion of Secretions and Excretions, an Accumulation of Excrements, a vicious Coction, Depuration and Nutrition; and at laſt an Extinction of the vital Force throughout the whole Body. It is therefore very often the Parent of many Diſeaſes; ſuch as a fatal Sleepineſs, Giddineſs, Lethargy, Loſs of Memory, Epilepſy, Palſy and Apoplexy. All theſe Effects are particularly taken Notice of by *Hippocrates*, *Galen*, and many of the Ancients. *Galen* calls Sleep *Death's Brother*; and ſays, that nothing is ſo pernicious as too much Sleep.

Baron *Van Swieten* relates the following curious Caſe, taken from the *Memoirs*

moirs of the Academy of Sciences, of a Sleep that laſted ſome Weeks. A certain Nobleman, while he was giving Orders to his Servant, ſuddenly loſt his Speech, and all his Senſes: Various Remedies were tried upon him without Succeſs, and he remained for ſome Weeks buried in a profound Sleep! This was followed by a reſtleſs Agitation of the Body, and afterwards by Convulſions, which ceaſed upon a plentiful Diſcharge of Pus from the Mouth and Noſe. Nevertheleſs he ſlept rather more profoundly, till by the Advice of a Quack a Number of Cupping-glaſſes were applied to his Head: Thus after the Space of ſix Months his Senſes and Speech immediately returned; and the ſame Servant, whom he was giving Orders to when he was taken ill, happening to be by, he went on

to finish his Orders, which he was giving when he was first seized; being insensible of all the intermediate Time that had passed: he lived in good Health ten Years after, and then died of another Disease.

There are too many People in this Metropolis who indulge themselves, to their great Prejudice, with too much Sleep. There was a young Gentleman at the Court-end of the Town who generally went to Bed about Midnight, slept till Noon next Day, and used very little or hardly any Exercise. In this manner he went on a few Years, when his Body grew weaker and weaker every Day; the muscular Parts flabby; and his Countenance bloated; he lost his Appetite, and the little he eat remained undigested in his Stomach;

his

his Bowels were always bound, and ſtuffed with hardened and accumulated Excrements; till at laſt all his Senſes were blunted, and he died at the Age of Twenty three of an Apoplectic Fit.

PHYSICIANS and judicious Practitioners in Phyſic, draw many very uſeful and neceſſary Prognoſtics in Diſeaſes from the ſleepy Affections, or the Patient's Propenſity to Sleep.

IN delirious Caſes Sleep is always of great moment, particularly when it ſucceeds the Delirium, and abates or intirely carries off the delirious Affection. For it then plainly ſhews that the Cauſe of it is removed. But we muſt diſtinguiſh with Judgment a ſound and undiſturbed Sleep, which happens when the inflammatory Diſ-

poſition in the Brain, the febrile Heat, and the Motion of the Humours are allayed, which is always a good Omen; from a reſtleſs, frequently interrupted, and turbulent Sleep; and from a Coma, a Cataphora, and a Lethargy; which are all very bad and dangerous Signs, and are known by a remarkable and invincible Propenſity to Sleep, from which nothing can rouſe the Patient: Sometimes they open their Eyes when pinched, or by any means much excited, but, without giving any Anſwer, fall again into a profound Sleep. Sometimes their Eyes are half open, and they will give incongruous Anſwers to the Queſtions asked. In this manner lay a poor Man in *Golden-Lane* for ſeveral Weeks; his Pulſe beat about forty Times in the Space of a Minute, the Number of Pulſations in a given Time

Time decreaſing daily: When he was called by his Name, he juſt opened his Eyes, and fell aſleep again. He ſwallowed any Thing that was put into his Mouth. All theſe Symptoms were brought upon him by a viſcid and pituitous Lentor, and a Defect of Circulation. However, after a few repeated antimonial Vomits, and afterwards with the Uſe of Chalybeate Medicines, he recovered from that dangerous State, and at the ſame Time, from a dropſical Diſpoſition that had afflicted him many Years.

THE beſt Sleep in acute Diſeaſes is that which ſucceeds a long Watchfulneſs, giving Eaſe, and refreſhing the Patient. *Galen* ſpeaks of many, who after having been without Sleep three or four Days, ſlept a whole Day and Night, and were thus greatly

poſition in the Brain, the febrile Heat, and the Motion of the Humours are allayed, which is always a good Omen; from a reſtleſs, frequently interrupted, and turbulent Sleep; and from a Coma, a Cataphora, and a Lethargy; which are all very bad and dangerous Signs, and are known by a remarkable and invincible Propenſity to Sleep, from which nothing can rouſe the Patient: Sometimes they open their Eyes when pinched, or by any means much excited, but, without giving any Anſwer, fall again into a profound Sleep. Sometimes their Eyes are half open, and they will give incongruous Anſwers to the Queſtions asked. In this manner lay a poor Man in *Golden-Lane* for ſeveral Weeks; his Pulſe beat about forty Times in the Space of a Minute, the Number of Pulſations in a given

Time

Time decreasing daily: When he was called by his Name, he just opened his Eyes, and fell asleep again. He swallowed any Thing that was put into his Mouth. All these Symptoms were brought upon him by a viscid and pituitous Lentor, and a Defect of Circulation. However, after a few repeated antimonial Vomits, and afterwards with the Use of Chalybeate Medicines, he recovered from that dangerous State, and at the same Time, from a dropsical Disposition that had afflicted him many Years.

THE best Sleep in acute Diseases is that which succeeds a long Watchfulness, giving Ease, and refreshing the Patient. *Galen* speaks of many, who after having been without Sleep three or four Days, slept a whole Day and Night, and were thus greatly

ly relieved. A creditable Tradeſman near *Hoxton-Square*, ill of an acute Fever, and delirious, having had no Sleep the Space of four or five Days; about the ſeventeenth Day of the Diſeaſe, after taking a few moderate Doſes of the Tinctura Thebaica, fell into a profound, quiet, and eaſy Sleep, which laſted near thirty Hours; at his awaking he complained of ſome Pains about the Knees and Thighs, which proved ſo many critical, ſmall Abſceſſes, and perfectly judged or carried off the Fever.

A ſound and natural Sleep in Children affected with any Diſeaſe, is both Food and Medicine.

It is a very common Opinion that Sleep is ſalutary in Drunkenneſs; yet there are many Inſtances of the contrary;

trary; ſome, who in drunken Fits have indulged themſelves with too much Sleep, have been found dead of an Apoplexy.

A Coma in the beginning of a Diſeaſe, is almoſt always a fatal Sign, and more particularly when it is attended with great Weakneſs. A continual Sleepineſs ſometimes precedes the Meaſles, but is eaſily diſtinguiſhed from a comatoſe or lethargic Affection, as in this Caſe the Patients are ſenſible of Things about them.

A young Boy, the Nephew of a Gentleman of Fortune, fell ill with a Fever, attended from the very Beginning with one of thoſe Comas, three Phyſicians were called in to ſave him; but he died upon the tenth Day of the Diſeaſe.

THE only Son of a very worthy Gentleman was taken ill, much in the ſame manner, and about the ſame time; the Father flattered himſelf that it might be a Sleepineſs preceding the Meaſles; but, although a ſecond Phyſician was called in, the Child died upon the fourth Day.

CHAP. V.

Of WATCHING.

THE oppoſite of Sleep is Watching, which is that State in which all our Senſes are both employed and exerciſed; therefore moderate Watching exerciſes and corroborates both Body and Mind; it aſſiſts the proper Diſtribution of the Aliments, and

and promotes a Propulſion of the uſeleſs Excrements. But when Watching is carried to an immoderate Exceſs, it becomes the Source of many Diſeaſes. The human Frame was not intended to be always in a State of Watchfulneſs; for after a certain Number of Hours in that State, our Senſes grow dull, our Limbs tired and heavy, our Muſcles weak, and our mental Faculties languid. In Watching, all the Parts of the Body are in conſtant Agitation, while the moving Powers are excited, and muſcular Motion is joined with it: Whence neceſſarily muſt ariſe an Increaſe of the Circulation, Attrition, Heat, and Attenuation of the Humours; as alſo of the different Secretions and Excretions.

WATCHFULNESS, therefore, when

too

too long continued, conſumes the animal Spirits, diſſipates the moſt ſubtil Parts of the Fluids, and leaves the Remainder dried up and thickened, which is the Cauſe of ſtrange Diſorders: For from the diſturbed Functions of the Brain ariſes a Delirium, Ravings, and Madneſs; from the drying up of the Humours, Melancholy and an atrabiliary Diſpoſition; from the Conſumption of the Fat, an Emaciation and Leanneſs. Watching brings on the Piles, a perpetual Reſtleſsneſs, a depraved Chilification, a Cachexy, and a Cacochymy. *Hippocrates* obſerves that vehement Watching occaſions the ſolid Food and Drink to remain both crude and undigeſted; for all the Functions of the Body by Over-watching are weakened, and the digeſting and concocting Powers, by which the ingeſted crude

Aliments

Aliments are aſſimilated into our own Nature, are interrupted in their Offices.

It is common to ſee Nurſes who attend the Sick frequently look pale, and ſubject to Indigeſtions, which are brought on by the Want of Sleep, which among the many Inconveniencies attached to their Profeſſion, is the moſt conſiderable.

Sanctorius ranks the Exceſs of Watching among the Cauſes of Fevers. He ſays, that Sleep being ſhorter than uſual, always leſſens Perſpiration, which will be in danger of exciting a Fever, if it is not prevented by a copious Perſpiration the next Day.

Sennertus tells us, that immoderate Watching diſſipates the animal

mal Spirits, dries up the whole Body, particularly the Brain; increaſes, ſharpens and inflames the Bile, and is often the Cauſe of acute Diſeaſes and Fevers.

THESE Diſorders are ſtill more increaſed in ſuch as break through their Reſt in the Night by too intenſe an Application to Study, or Card-playing, or by any other Exerciſe of the Mind, without varying the Object of their Application. There are in our Mad-houſes many Inſtances demonſtrating the ſad Effects of Over-watching.

HOWEVER, there are Caſes, and Diſeaſes, in which moderate Watching conduces to a Cure. It was the Opinion of *Hippocrates*, *Galen*, and many other Authors; they recommended

mended it in Catarrhs, Quinſies, and Dropſies, and to thoſe who intended to render themſelves lean: But they condemned the leaſt Exceſs of it, in thoſe who were afflicted with Diſorders in their Eyes; in Diſorders of the Stomach; in wounded Patients; and in Women ſubject to obſtructed Menſes.

A Watchfulneſs is not always a bad Sign in acute Diſeaſes; for when it appears in the Increaſe, or juſt at the Height of the Diſeaſe, with ſome Signs of Concoction, it is a Forerunner of a ſalutary Criſis; but when it laſts many Days without any Signs of Concoction, with many bad Symptoms, ſuch as a Tremor, a Catching, Weakneſs, Delirium, and a Sinking of the vital Strength, a fatal Event muſt be expected.

SECTION VI.

Of the Affections of the MIND.

CHAP. I.

Of mental EXERCISES *in general.*

THE Exercise of the Mind, and its different Affections, bear a very great Affinity with Watching; for as we have already observed in the preceding *Section*, Watching exercises both Body and Mind; and every one may be convinced by daily Experience, that the Actions of the Mind are as much fatiguing as bodily Exercise.

THE Body and the Mind are so intimately connected, that whatever affects the one, constantly influences the

the other: This appears in no Inſtance more ſurpriſing, than when ſome People pretend to uſe Charms to cure the Ague; for theſe pretended Charms will affect the ignorant and credulous Patients ſo much, that they are often cured by the mere Force of Imagination; yet thoſe ſuperſtitious and dangerous Practices ought to be prohibited, as ſuch Experiments may, inſtead of curing trifling Diſeaſes, bring on incurable ones, by frightening the credulous into Fits and Convulſions.

A Phyſician, who had attempted in vain to cure a poor labouring Man of an obſtinate quartan Ague, deſirous of trying how far the Force of Imagination could effect the Cure of it; told the Man that he could cure him with a Charm, provided he

would keep it a Secret, and obſerve very ſtrictly every Particular of what he ſhould direct him to do. The poor Labourer conſented to every Thing: The Phyſician then gave him a blank Paper folded up and ſealed, in which he made him believe the Charm was contained; he deſired the Man to go in the Dusk of the Evening to a remarkable old Oak in the Neighbourhood, reputed in former Times of Ignorance, to have been the Place of Rendezvous of Witches, to walk three times round the Oak, bury the Paper, and, after walking again three times round the ſame Oak, to retire to his Home, well aſſured that he ſhould have no Return of the Ague. The Patient executed every Part of the Order; and the Phyſician, who had hid himſelf very near the Oak in ſome Buſhes, ſaw him go

through the Ceremony in the utmoſt Agonies and Fears, expreſſed by his Countenance, and an univerſal Tremor, which had ſeized him ſo violently that he was very near falling into Convulſions, and but juſt able to get home; where he immediately went to Bed, to reſt and to recover of the Fright which the pretended Charm had worked him into. But the Ague never returned.

Baron *Van Swieten* ſays, that a too intenſe Study upon any thing has almoſt the ſame Effect with Overwatching; for thus the moſt ſubtil Parts of the Blood are too much diſſipated and conſumed, whence a Wearineſs and Heavineſs of the whole Body follows, and often a greater Weakneſs than after the moſt violent Exerciſe of Body: And this more

eſpecially happens while the Mind is employed with all its Thoughts fixed only upon one Object; like as we read of *Archimedes*, who in the midſt of all the Tumult that could be raiſed in a captive City by the rapacious Soldiers, continued ſo intent upon his Figures which he had deſcribed in the Duſt, that he was killed by a Soldier ignorant who he was.

MEN of Letters are frequently ſo buried in their Thoughts, that Objects of the greateſt Conſequence can hardly divert their Attention for one Moment. When a young Man, to whom the famous *Corneille* had promiſed his Daughter in Marriage, and whoſe Affairs obliged him to break off the Match, came one Morning into *Corneille*'s Cloſet, and had juſt begun to expoſe the Motives of his Conduct,

duct, "Sir! ſaid that learned Man, "could not you, without interrupting me, talk to my Wife of thoſe "Affairs? Pray go to her: I know "nothing about them."

IT is reported of the learned *Bude*, that, when a Servant run up frightened into his Study to tell him that the Houſe was on Fire; he replied, "Well, go and inform my Wife of "it, I do not trouble myſelf about "Houſhold Affairs."

ALL vehement Intention of Thought is generally very fatiguing, and it is rare to meet with any one who is not always greatly injured by it: It is therefore obvious that Study, with a Variation of the Paſſions of the Mind, may be longer ſupported, than when there is no Change of the Objects:

For, when our Mind is fixed on the ſame Thing, that Part of the common Senſory, which at that Time is alone in Action, muſt be as much fatigued, as any of our Muſcles are when they are violently contracted; its ſmall Fibres are made ſo rigid, that it is almoſt impoſſible to bring them back to their natural State, or their Oſcillation is deſtroyed by the vehement Commotion, or they may loſe their Tone by being too much diſtracted; which is the Source of every kind of Diſorders of the Mind, and of Madneſs.

THOSE Authors who have particularly taken Notice of the Diſeaſes of learned Men, give us an Account of many Inconveniencies ariſing from their too cloſe Application to Study. *Celſus* ſays, that they are ſubject to

weak

weak Stomachs; for while the Brain is employed in digeſting Sciences, the Stomach digeſts the Food but very imperfectly; becauſe the animal Spirits are employed in the Brain for the intellectual Service, and diverted from the Stomach by the ſtrong Application of the whole nervous Syſtem to deep Study. The Viſcera cannot duly perform their natural Functions, if they are deprived of that nervous Juice or Fluid called the *Animal Spirits*, conveyed to them through the Nerves. Students and Men of Letters are therefore ſubject to Crudities, and windy Complaints; they grow pale, and lean; becauſe the Parts are deprived of their nutritious Juice. Thoſe who are naturally merry and good-humoured, in Proceſs of Time grow moroſe, heavy, and melancholy.

AMONG

AMONG learned Men, Phyſicians, particularly thoſe who walk to viſit their Patients, may be ſaid to be the beſt off; as they are not expoſed to the Inconveniencies of a ſedentary Life. *Ramaſini* thinks, that it is owing to their Caution, their Exerciſe, and the Chearfulneſs of their Minds, when they return with full Pockets from viſiting their Patients, that Phyſicians eſcape free from Epidemical Diſeaſes; and he obſerved, that they are never ſo much out of Order, as when no Body elſe is Sick. *Plato* aſſerts, that the Beauty and Health of Mankind, lies in a certain mutual Moderation and Proportion between the Soul and the Body; and to ſhew how too much Application and Study occaſions various Diſorders, ſays, When the Soul overpowers the Body, and is elevated within, the Body trembles and languiſhes.

guiſhes. As alſo, when the Soul employs all her Force upon Speaking or making Diſcoveries, ſhe quite diſſolves and ſinks the Body. Again, when by an ambitious ſort of Emulation ſhe diſplays her Energy in Speaking and Diſputing, both privately and publickly, ſhe inflames and unhinges the Body; and ſometimes, by raiſing a Cold or Rheum, ſhe impoſes upon Phyſicians, and puts them upon ſeeking after contrary Cauſes.

Besides Divines, Lawyers, and Phyſicians, there are in *London* many others who are chiefly employed in the Functions of the Mind. The real and true *London* Merchant, in particular, is a Character that requires a Head capable of as much and perhaps more Thought, and mental Application, than any one in the Univerſe.

verſe. If this Merchant is alſo a Member of Parliament; what a Multiplicity of Affairs, Political and Commercial, are continually employing his Mind! Many Phyſicians have attributed to Intemperance and High-living, ſome of the Diſeaſes to which our great Men of the City are ſubject; but it would perhaps be doing them more Juſtice to aſſign the Exceſs of mental Exerciſe, as the principal Cauſe of them; although it is true that they will ſometimes give way to a little Jollity, and mix their Wiſdom with Wine; yet the Heat of their Stomachs could eaſily digeſt their Food, was it not conſtantly called off for the Service of the Mind.

HIPPOCRATES ſays, Labour is proper for the Joints, Food for the fleſhy Parts, Sleep for the Viſcera, Motion,

Motion, and conſequently Walking, for the Soul, and Thinking for Men. Thought is therefore the proper Exerciſe of the Mind, and we ought to cultivate it; for a thoughtleſs State, which is the oppoſite of intenſe Application, when carried to Exceſs, will injure our Health conſiderably. It will bring on a Sluggiſhneſs in the Organs of Senſation; it blunts and deſtroys the Force of the Nerves; it injures and weakens almoſt all the Faculties of the Mind, by their lying idle and unemployed. However, if it is not joined to an intire Reſt of animal Motion, it is not very hurtful to the other Functions of the Body; for we ſee very frequently that thoſe who are ignorant and ſtupid, enjoy a very ſound and good State of Health, and live to a very advanced Age, whilſt ingenious and ſtudious Men of Letters

are ſnatched away by immature Death: Inſtances of which occur every Day.

THE Son of a Senator of the Republic of *Bern* in *Switzerland*, died ſkilled in almoſt every Science at the Age of Seventeen. A learned Youth of the North of *England* died at One and twenty, intirely emaciated, without any Diſeaſe, but what proceeded from too great a Waſte of his Spirits by ſtudying Night and Day. A young Clergyman, in attempting to explain the *Apocalypſe*, thinking perpetually about nothing elſe, went out of his Mind, and fancied that he had got three Baſtard Children by the Whore of *Babylon*, when, in reality, he was Father of three Sons, got by a virtuous Wife. He died and left his Widow and Children a Legacy to the World.

IT

It appears upon the Whole, that deep Meditation fatigues as much as muſcular Motion, and that the Exerciſe of the Mind, when carried to Exceſs, injures Health much more than that of the Body. Let us therefore recommend to thoſe who are juſt recovering from a Fit of Illneſs, to avoid, as dangerous and pernicious, any Exerciſe of the Mind, and particularly the Reading of Books, too ſoon; but rather to indulge themſelves gradually as their Strength returns, with gentle bodily Exerciſe.

CHAP. II.

Of the PASSIONS.

THERE ariſes ſometimes in the Mind an impetuous Motion, which

which hurries us away beyond the Bounds of Reaſon, diſorders every Idea, and takes away our Will and Liberty, compelling us to Deſires and Averſions which we often diſapprove. This compulſive Force is the Effect of the Paſſions of the Mind: They are, in the moral World, what Motion is in the phyſical World: Without Motion all is dead; without theſe, Invention, Arts, Sciences, and many of the greateſt Actions that Men are capable of, would have no Exiſtence. Thoſe Paſſions that we ſhall conſider here, as having a conſiderable Influence on our Health, are, *Joy*, *Sorrow*, *Love*, *Hope*, *Anger*, *Fear*, and *Terror*. It is beſt to endeavour to keep them within proper Bounds, and to preſerve, as much as poſſible, an inward Tranquillity, Serenity, and Calmneſs; for a quiet Mind very much conduces

conduces to preſerve Health: Violent Paſſions, and conſuming Cares, feed upon the Body, and can but occaſionally be of any Service, to thoſe only who are over-fat.

Joy is, when moderate, the moſt ſalutary of all the Paſſions, both to the Healthy and to the Sick; it is the Antidote of Sorrow; it increaſes the Circulation of the Blood and of the animal Spirits; gives Vigour to all the Faculties; nouriſhes and moiſtens the whole Habit of the Body; gives it a good Complexion, and occaſions a greater Dilatation of the Heart. The Effects of Joy, which Muſic gives to thoſe who are ſuppoſed to be bit by the *Apulian* Spider, called *Tarantula*, are not a little ſurpriſing. For theſe unhappy Patients, who in a very ſhort while are ſeized with a violent Sick-

neſs, Anxiety, and Fainting, (whether it proceeds really from the Bite of that Spider, or from an epidemical Fever, as ſome have aſſerted, is immaterial to our preſent Purpoſe;) by degrees grow timorous, ſorrowful, and, if not relieved by Muſic, ſoon expire; at the Sound of Inſtruments, although they lie as if they were Apoplectic, begin gradually to move their Limbs, riſe up, and fall to dancing with ſurpriſing Vigour; at firſt for three or four Hours, then they are put to Bed; and after they are refreſhed from their Sweating, they repeat the ſame Exerciſe, perceiving no Wearineſs or Weakneſs, but growing ſtronger and nimbler every time, till they are freed from all their Symptoms, which happens in about three Days. But they are obliged to repeat the ſame Sport about the ſame Time

the next Year, to prevent a Relapſe. The ſame Inſtrument is not equally agreeable to every Patient; ſome are moved with a Pipe; one with a Timbrel; another with a Harp; one with a Fiddle, another with ſome other muſical Inſtrument. This, however, is conſtant, that they all delight in quick and lively Tunes, and are never raiſed by ſlow Muſic and dull Harmony.

THE Effect of Joy, if immoderate or unexpected, is ſometimes very fatal, for it will occaſion Fainting and ſudden Death; particularly in old People, Women, and thoſe who are of a tender, naturally delicate, and irritable Conſtitution; by cauſing too great a Diſſipation of the animal Spirits, and a Diſſolution of the vital Fa-

culties. Hiſtory and daily Experience confirm this.

We read that Pope *Leo* the Tenth, of the Houſe of *Medicis*, died of Joy, upon receiving the News, that the *French* had loſt the City of *Milan*, in the Year 521.

A Woman ſeeing her Husband return from a famous Battle, where it was reported that he had been killed, fell down dead; ſhall we ſay of Diſappointment, Surprize, or really of Joy? Another Woman died in the ſame manner, ſurprized at the Return of her Son from a Battle, where it had been poſitively aſſerted that he was killed. Some have died at the ſudden News of a Reprieve ſent to them at the Place of Execution; others of the Joy occaſioned by their acquiring

acquiring ſuddenly a large Fortune by unexpected Means, or in a Lottery.

LAUGHING, which is the Effect of Joy, and generally ſalutary, when it is immoderate may alſo prove fatal. The Poet *Philemon*, ſeeing an Aſs eating ſome Figs which had been dreſſed for his Dinner, fell into ſo immoderate a Fit of Laughing, that he died on the Spot.

SORROW is the direct oppoſite of Joy, a Paſſion hardly ſerviceable to any Body, except to thoſe who are very fat, drowſy, and ſleepy, or thoſe who are overjoyed; for Paſſions of the Mind are not eaſily cured by Medicines, but by contrary Paſſions; Anger and Hope remove Fear; Joy removes Sorrow; and Sorrow removes Joy. As Joy increaſes Perſpiration,

ſo Sorrow obſtructs it; and from an obſtructed Perſpiration ariſes Grief and Fearfulneſs. Sorrow turns the Face pale, renders the nervous Force languid, and diminiſhes all vital Motion; whence a ſlow contracted Pulſe and Circulation, a Coagulation of the Blood, a Defect of Concoction and Nutrition, a Purging, Obſtructions, the Jaundice, Fevers, the Dropſy, Sleepineſs and Death. It is a common Saying of Peoples dying of a *broken Heart*, which means, that they died of Sorrow or Grief.

A young Woman in *Whitechapel*, after ſome Diſappointment, was ſeized with a Lothing of Food and an obſtinate Vomiting; her Pulſe grew ſlower every Day; her Skin and Eyes looked yellow; a Purging came on, and

and at laſt ſhe died waſted to a Skeleton.

MARCUS LEPIDUS died of a broken Heart, after putting away his Wife, whom he loved almoſt to Adoration.

PUBLIUS RUTILIUS died ſuddenly upon hearing that his Brother was not elected Conſul.

THE ſacred Hiſtory tells us, that the High-Prieſt *Eli*, having heard that his Enemies the *Philiſtines* had taken the Ark, killed his two Sons, and routed the whole Army of *Iſrael*, was ſeized with ſudden and violent Grief, fell from his Throne, broke his Neck, and died ſuddenly.

Love is the moſt natural of all Paſſions. It is ſaid that Drawing and Painting owe their Origin to this tender Affection of the Mind; but when it is exceſſive, it waſtes the animal Spirits, and diſturbs all our Faculties. Love, therefore, from the long protracted Deſire of poſſeſſing the beloved Object, and from the Fear of loſing it, or of not obtaining it, is often the Cauſe of Reſtleſsneſs, Languor, the Green-Sickneſs in Girls, Melancholy, and ſometimes Madneſs. Some have eſteemed Love a Diſtemper, becauſe it is productive of ſo many Diſorders; but they ought to make a Difference between this Affection or Paſſion of the Mind, and its Effects. Upon the whole, Love is a Deſire abſolutely neceſſary, and implanted in Man and Woman for the Preſervation of the Species, and

to

to incite Mankind to Action; for next to Hunger, it is certainly the greateſt Incitement we have to Action; and without it Mankind would be worſe than Brutes.

IT is needleſs here to relate any of the Effects of ungovernable Love; moſt of our Romances are grounded upon ſuch Hiſtories; and thoſe who will give themſelves the Trouble of viſiting any of our Madhouſes, will find too many unhappy Objects who have fallen Victims to immoderate Love. The beſt Method to guard againſt it, is by diverting the Thoughts various Ways, and by exciting contrary Paſſions.

HOPE is the Expectation of poſſeſſing ſomething deſired: When this Paſſion is joined with Love, and ſupported

ported by a certain Proſpect of obtaining the Object of our Deſires, it is the ſweeteſt of all human Paſſions, and more agreeable than Poſſeſſion itſelf. The great Lord *Bacon* adviſed therefore to leave always ſome Part of our Inclination to be ſatisfied, that we may thus live in continual Hope. This Paſſion can never be any ways injurious to Health, and is therefore the moſt ſalutary Affection of the human Mind.

ANGER is of a very different Nature from the laſt mentioned Affection; for it is a ſudden and violent Paſſion, which, though of ſhort Duration brings on an univerſal Change in the whole animal Syſtem; the Heart beats quicker and ſtronger, the Pulſe riſes higher and fuller, the Heat increaſes, the Face ſwells, the Eyes ſparkle,

ſparkle, and ſometimes a violent Fever follows a Fit of Anger, which may end in Death. This Paſſion is therefore generally hurtful, eſpecially to hot, and bilious Conſtitutions, to whom it is moſt pernicious; though it may occaſionally prove of Service to cold ones. Cathartics and Emetics ſhould never be given ſoon after Anger, as they may produce the worſt of Conſequences.

A Tradeſman of this City, after a violent Fit of Anger, was ſeized with a Vomiting, which he took to proceed from a Foulneſs of his Stomach, and of his own Accord, he attempted to remove it by a Vomit; but it was cauſed by an Inflammation of his right Kidney, which turned gangrenous, and killed him. Anger is the beſt Cure of Fear; for, the greateſt

greateſt Coward will fight and grow courageous, if you make him angry.

FEAR throws all the Heat towards the Heart, turns the external Parts cold and pale; the Limbs tremble, the Voice falters, and the Strength fails. It relaxes the Sphincter of the Anus and of the Bladder, whence involuntary Stools and Excretion of Urine; to which many Animals, and even ſome of the human Species, are often ſubject upon the leaſt Fright. It may become the Cauſe of tedious and great Diſorders, and of Death itſelf. The Epilepſy, or Falling-Sickneſs, has been often the Conſequence of a ſudden and violent Fright; which ſhews how dangerous it is to attempt the Cure of obſtinate Agues, as many People do, by a ſudden Fright.

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THE Squirrel is ſo fearful an Animal, that frequently when he is ſhot at, though not wounded, the Report of the Gun throws him into an Epileptic Fit, upon which Account ſome have imagined that the Fleſh of that Animal was not wholeſome to eat.

DIEMERBROECK ſays, that thoſe who were moſt afraid of the Plague, were ſooneſt taken with it. We ſee every Day that People who are moſt afraid of the Small-Pox, take it often without going to any Place infected with it.

IT is amazing to ſee the Effects that particular Averſions have upon ſome People. At a great Entertainment given by the late Duke of *Lorrain*, in a large Hall of the Palace, which opened into the Garden, a Lady

Lady in the middle of Supper fancied that ſhe ſaw a Spider: She was frightened, ſcreamed out, quitted the Table, ran into the Garden, and fell upon the Graſs. At the ſame Inſtant ſhe hears ſomebody tumble near her; it was the Prime Miniſter of the Duke. Oh, Sir! ſaid ſhe, how glad am I to ſee you here, it keeps up my Spirits; I was afraid I had been guilty of a very great Rudeneſs. Lord! anſwered the Miniſter, "Who could hold "out againſt it? Pray, Madam, was "it a very large one?" Oh, Sir! it was monſtrous. "Did it fly to-"wards me?" added he. What do you mean, Sir? A Spider to fly? "So then! replied he, is it about a "Spider that you make ſo much "ado? You are ſilly indeed; I "thought it was a Bat."

SUDDEN

SUDDEN Terror turns a Man cold and pale; and produces many pernicious Effects, by affecting chiefly the nervous Syſtem. It is frequently the Cauſe of Spaſms, Convulſions, the Epilepſy, a Stupor, and a diſordered Imagination. It ſhrinks or contracts every Part of the Body, renders the Pulſe quick, low, and unequal; brings on a Palpitation of the Heart, an Oppreſſion of the Lungs, an univerſal Tremor and Loſs of Strength, and Abortion in Women; and ſometimes it ſuddenly kills. It has, however, in ſome Caſes been eſteemed a Remedy for ſundry Diſorders; ſuch as the Hiccup, Chin-Cough, and Lethargy.

A Man who was condemned to be beheaded, had his Sentence mitigated unknown to him: It was ordered

that

that he ſhould be ſtruck in the Neck with a ſmall Twig only, as a Token that he had deſerved to have his Head ſtruck off with the Sword. The Order was executed; but the Terror of Death had ſo much prepoſſeſſed him, that he expired, at the Inſtant of the Blow, though it was given in the moſt gentle Manner.

IT appears from what we have ſaid of the Affections of the Mind, that contrary Paſſions produce oppoſite Effects in the animal Economy; and that one Affection of the Mind is frequently a Cure for another, that the Sympathy of the Body with the Mind is amazing; that particular Affections of the Mind will bring on particular Diſorders; and that Diſorders of the Body alſo, will occaſion ſtrange Affections of the Mind; which

appears

appears moſt remarkably in Hyſteric and Hypochondriac Patients.

SOME Authors have made a conſiderable Difference between thoſe two laſt mentioned Affections, but there is none eſſentially, and the only true Difference that can be made between the Hyſteric and Hypochondriac Affections, does not ariſe from the Nature of the Diſeaſe itſelf, but from ſome particular Accidents or Symptoms obſerved in Women; which are only compatible with the Nature and Structure of the tender and irritable Frame of that amiable, though weaker Sex. This is certain, that there is no Diſorder like this, wherein the Mind has ſo great an Influence either in bringing on theſe Affections, or in removing them when preſent in either Sex.

THE State of the Mind in Diſeaſes demands our particular Attention; for from the different Affections of the Mind, we are enabled to make many uſeful Prognoſtics. It is certainly a very good Sign in moſt Maladies, to have the Mind calm and ſerene, and all the Faculties clear and undiſturbed; particularly in Diſorders and Inflammations that are ſeated in or about the Diaphragm, the Kidnies, the Womb, the Brain, the Spinal Marrow, or in any Part that ſympathizes very much with the Brain; for it generally denotes a future Recovery: Yet in Pleuriſies, Peripneumonies, Quinſies, Inflammations of the Liver, Spleen, and ſome other Parts, and in Fevers, many die whoſe Faculties of the Mind remain clear to the laſt. Some of the Epidemical Fevers of this laſt Summer, 1767, have produced

duced many Inſtances of it, and ſeveral of the unhappy Patients who have died of them preſerved their mental Faculties almoſt to the laſt Moment, without any remarkable bad Symptoms, except an unequal Pulſe, which from the Beginning gave the judicious Phyſician a ſufficient Hint of the Danger.

CONCLUSION.

LET us here conclude this ſhort Treatiſe upon the Non-naturals, and recommend to thoſe who would enjoy a ſound and perfect State of Health, to regulate their Uſe in ſuch a Manner as never to be guilty of any Exceſs in any of them; but to keep, as much as poſſible, an exact Medium in all thoſe Things that concern the Management of Life; for the Abuſe

of the beſt Thing is frequently of the worſt Conſequence, and many obſtinate Diſeaſes are frequently cured by a well regulated Diet, without almoſt any Medicine. A conſumptive Patient in *Old-Street*, who voided every Day a very large Quantity of purulent and fetid Matter, from a broken Abceſs in the Right Lobe of his Lungs, having lived a few Months upon half a Pound of Honey and one Quart or more Milk every Day, aſſiſted with the moſt gentle Terebynthinate Medicines, perfectly recovered from a moſt deplorable State.

THERE is a worthy old Man, known by the Name of Friend *Joſeph Rule*, who is always cloathed in White, and whoſe Beard and Hair are of the ſame Colour: This Man, after having ſeen a great deal of the

World,

World, found that Frugality and Simplicity in Food, joined to proper Exercise, were the ſureſt Means to preſerve Health. He has conſtantly adhered to them, and attained to a very great Age, being now near Ninety Years old; free from any Infirmities of either Body or Mind, and able to walk, nay even to run, like a young Man. But Inſtances like this are very rare in the preſent Age, particularly in this great Metropolis; becauſe Men generally prefer a voluptuous Life to Temperance and Sobriety, which are the only Means to arrive at an healthful old Age.

It is true, that although the beſt regulated Diet may prevent many Diſeaſes, yet it is not always ſufficient to remove them when preſent; and therefore the Aſſiſtance of the Medi-

cal

cal Art becomes neceſſary; but let every one concerned in the Practice of Phyſic remember to follow the Indications of Nature, and that the Part of a real Phyſician, which will diſtinguiſh him from a dangerous Quack, is to ſtudy her Ways: Thus, like the Patriarch of Phyſic, *Hippocrates*, and our *Britiſh Hippocrates*, *Sydenham*, he will deſerve the Title of Nature's Miniſter; the Knowledge of her Laws will make him happy, and ſucceſsful in Practice; and he will never treſpaſs beyond the Limits ſhe has appointed.

FINIS.

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